



SELF-REFLECTION SERIES

# AN INTRODUCTION to the Self-Reflection Process



## What?

**Describe**

What happened?  
What did you observe  
or feel?



## So What?

**Analyze**

What was significant  
and why?  
What matters?



## Now What?

**Implement**

What changes now?  
What are next steps  
for you?



<https://ecampusontario.pressbooks.pub/paths/>