



**'Reflect' skill helps us to learn from experience and make positive changes**



We have the ability to reflect and look back on things we do and say. We can learn from our past and make changes in the future. A continuous process of looking back, thinking about things, and making positive changes for the future is really helpful.

The Scottish poet Robbie Burns said:

**"To see ourselves as others see us would be a powerful gift. It might stop us from having silly ideas and making foolish mistakes".**

We need to be willing to truly examine our mistakes as well as our successes! Admitting our failures and weaknesses without blaming others or complaining about how we have been treated is not easy. Doing it helps us to develop as independent and responsible people.

When reflecting on a situation, ask yourself:

- When I think about what happened, what was helpful and what was unhelpful?
- Is there anything I can change to prevent it happening again?
- What did I do well? What could I improve?
- If this happens again, what would I do or say differently?

**"If you always do what you always did, you will always get what you always got".**