



*My
New Year's
Resolution*

We Are Learning To:

Use reflective practice to write about our past year, and decide on New Year's Resolutions.

What I'm Looking For:

Being honest in your answers - there is no point in reflecting on things which didn't happen!

Supporting your answers with reasons.

How do we reflect?

1

First we remember.

Think of the things you have experienced this year.

Think of how you felt about the things that happened.

How do we reflect?

2

Next we evaluate.

This means comparing the good and the bad things about this year.

What was good about this year?

What was bad about the year? Be specific to you

How do we reflect?

3

Next we analyse.

This means thinking about what we could have done differently.

Are there any situations or events you would change? (only choose things you could influence)

How would you change them and why?

How do we reflect?

4

Finally, we make an action plan.

This means deciding what to do differently next time.

This could be starting something new, or improving something already in your life.

This is the same as a New Year's Resolution !

Stop
biting
my
nails

Eat
less
fatty
foods

Help
more
at
home

Learn
the
piano

Become
a better
swimmer

Do my
home
work
earlier

To recap...

First we remember.

Think about what has happened to you this year. Any experiences which are particularly memorable?

Next we evaluate.

This means comparing the good and the bad things about this year.

Next we analyse.

This means thinking about what we could have done differently.

Are there any situations or events you would change? Why? How would you change them?

Finally, we make an action plan.

This means deciding what to do differently next time, your New Year's resolution. This could be starting something new, or improving on something in your life already.



Good

Luck!