**Foundation Pharmacist Programme**

**Written Reflection**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Name |  | Employer |  | Date |  |

|  |
| --- |
| What, Where and Who? Describe the situation. |
|  |
| How did it make you feel? Describe your emotional state. |
|  |
| Why did it happen? Make sense of why the situation occurred. |
|  |
| Could you have done things differently? Critically analyse the situation. Develop insight. |
|  |
| What will you do differently in future? What changes will you make to your practice? |
|  |
| Re-enforce positive change. What happens when you put this into practice? |
|  |