

Reflective words to use in your reflection journal

I felt	I didn't like	I never fully realised	<u>I didn't like</u>
<u>I found this useful because..</u>	<u>I found this interesting because</u>	<u>I enjoyed.....</u>	<u>This was a challenge because..</u>
<u>I was tired...</u>	<u>I was fed up doing this because..</u>	<u>I loved doing this because</u>	<u>This will help my key assignment on..</u>
<u>This will help my career choice...</u>	<u>This will help my key assignments because...</u>	<u>I was disappointed....</u>	<u>It wasn't what I expected...</u>

<u><i>This was the best thing we did..</i></u>	<u><i>This was the worst thing we did...</i></u>	<u><i>I discussed this because...</i></u>	<u><i>I never realised.....</i></u>
<u><i>My strengths..</i></u>	<u><i>My weaknesses</i></u>	<u><i>I cant believe..</i></u>	<u><i>I really disliked...</i></u>
<u><i>I really loved this because...</i></u>	<u><i>I really looked forward to this topic because..</i></u>	<u><i>I enjoyed this day...</i></u>	<u><i>I really didn't enjoy this day....</i></u>
<u><i>I didn't find this interesting because...</i></u>	<u><i>I did find it very interesting because..</i></u>	<u><i>This was really worth while because..</i></u>	