

# 5 Reflection Frameworks

*“We don’t learn from experience, we learn from reflection on experience.”*

I love this quote from American philosopher, psychologist, and educational reformer, John Dewey.

I hope you find this collection of frameworks useful for your own reflection.

If you’d like to hear the story behind how I came to create this template, you might be interested in my article: [The mirror is the hardest place to look](#).

Thanks,

Toby

---

## Table of Contents

[Summary of insights](#)

[After Action Review](#)

[What worked? What didn’t? Why?](#)

[Business](#)

[Personal](#)

[What would you do differently next time?](#)

[Business](#)

[Personal](#)

[Were there any red flags in hindsight?](#)

[Nourishers, Drainers, Looking Forward To](#)

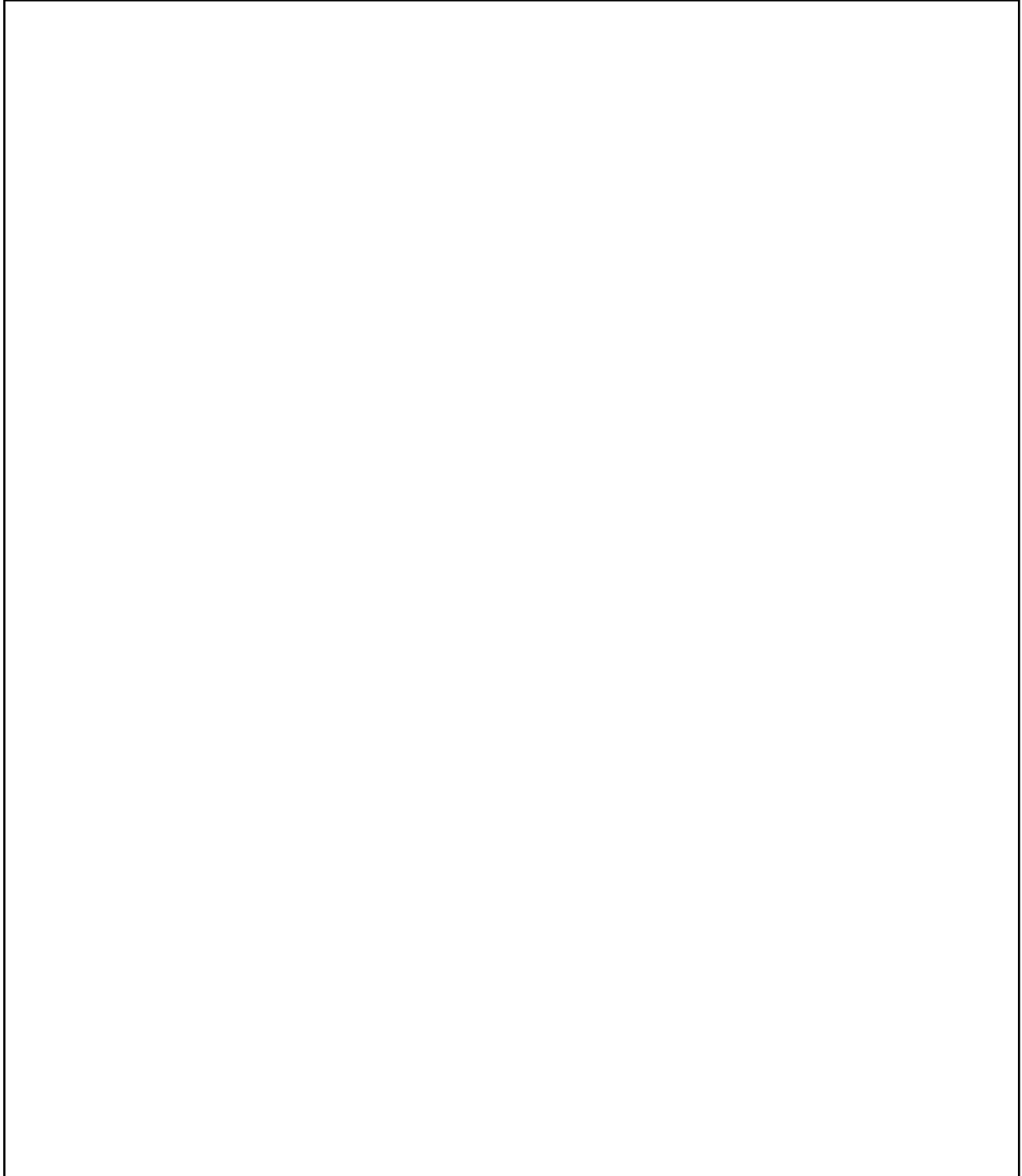
[Nourishers](#)

[Drainers](#)

[Looking forward to](#)

# Summary of insights

I use this space to summarise overarching lessons or themes that have fallen out of my reflection process. Then it's readily available if I come back to the document.



# After Action Review

What was supposed to happen?	What happened?	Why was there a difference?

# What worked? What didn't? Why?

## Business

Area	What worked? Why?	What didn't? Why?
Brand		
Strategy		
Area	What worked? Why?	What didn't? Why?

<b>Marketing</b>		
<b>Sales</b>		
<b>Legal</b>		
<b>Area</b>	<b>What worked? Why?</b>	<b>What didn't? Why?</b>

<b>Finance</b>		
<b>Admin</b>		
<b>People</b>		
<b>Area</b>	<b>What worked? Why?</b>	<b>What didn't? Why?</b>

<b>Product</b>		
----------------	--	--

Personal

Domain	What worked? Why?	What didn't? Why?
Work		
Health		
Spouse		

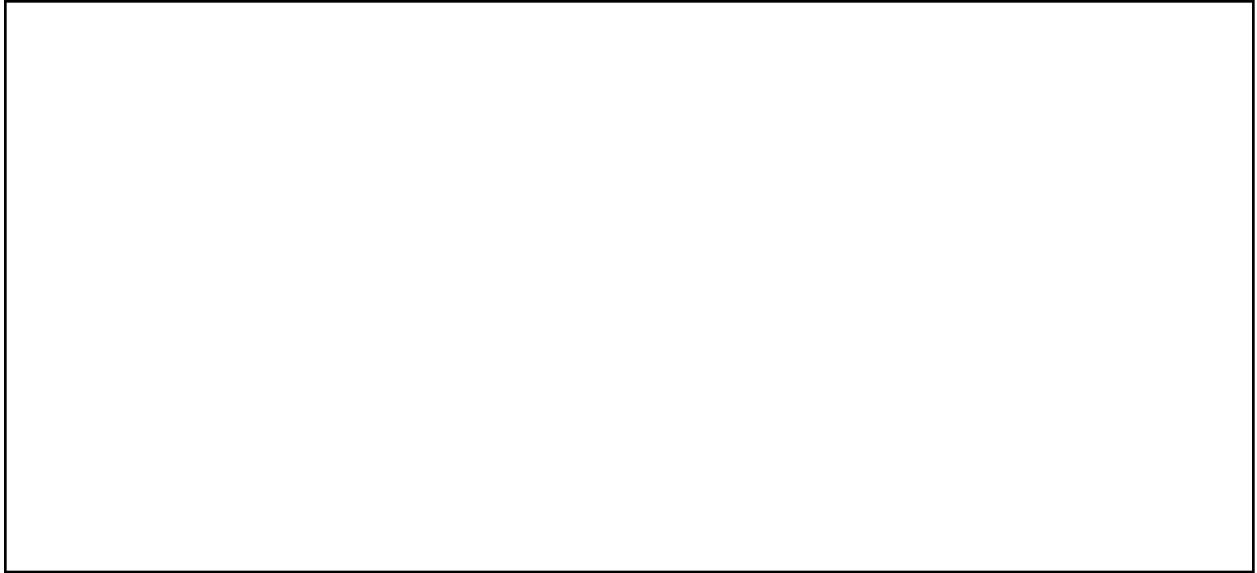


Domain	What worked? Why?	What didn't? Why?
Parenting		
My Immediate Family		
Friends		

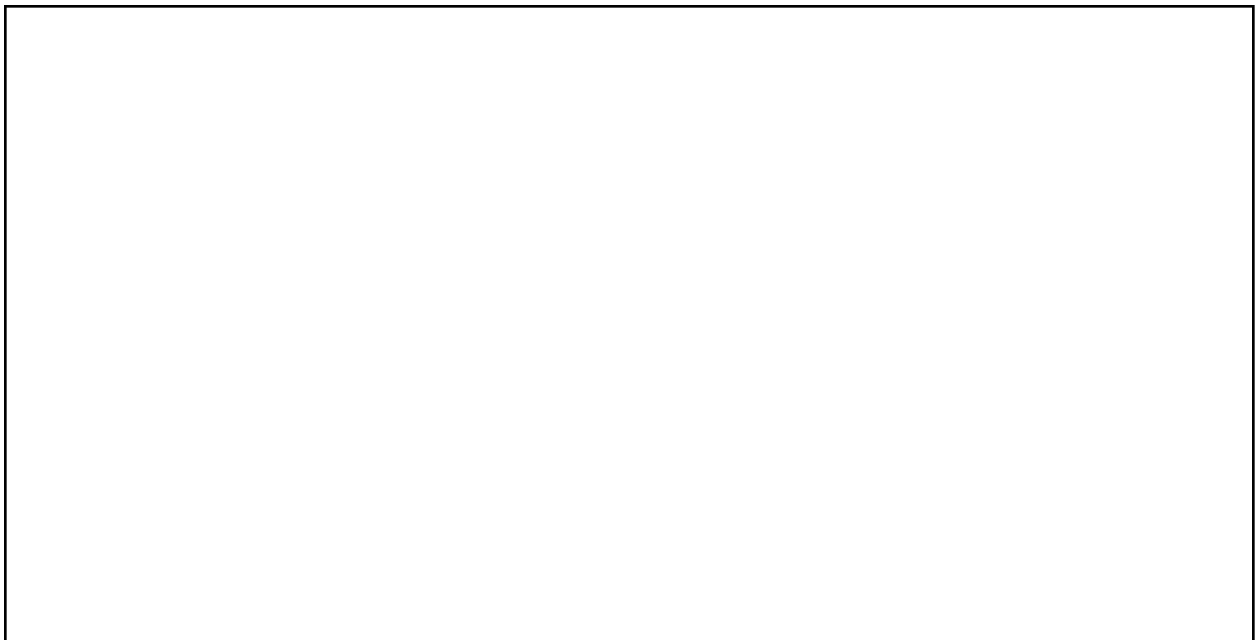
Domain	What worked? Why?	What didn't? Why?
Spirituality		

What would you do differently next time?

Business



Personal



Were there any red flags in hindsight?

A large, empty rectangular box with a thin black border, intended for a user to write their response to the question above.

# Nourishers, Drainers, Looking Forward To

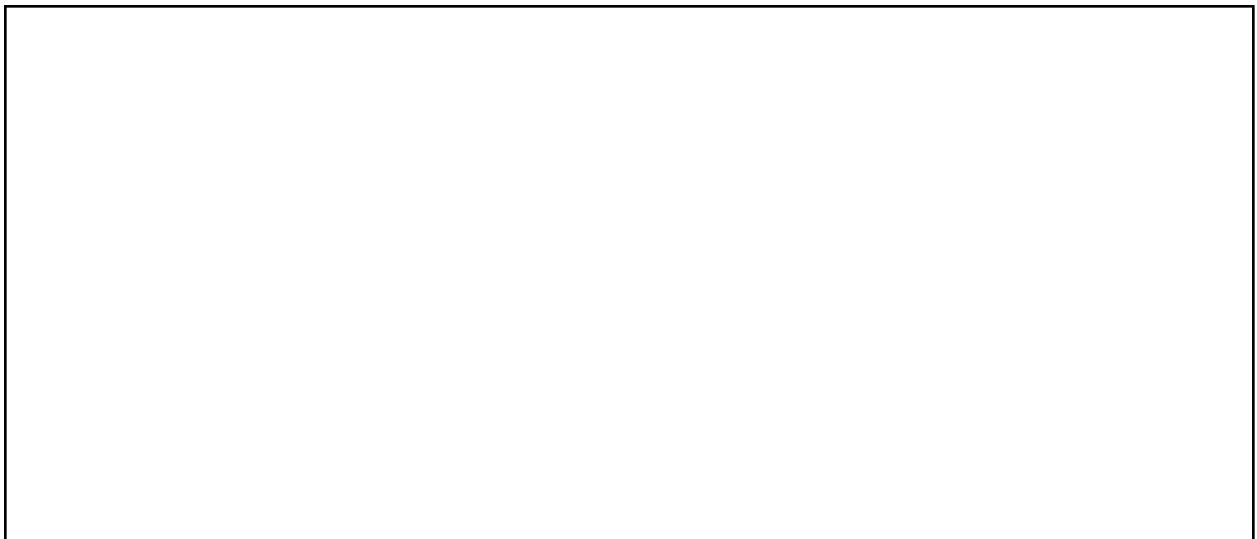
## Nourishers

What nourished you? (brought you energy, increased your bias for action)



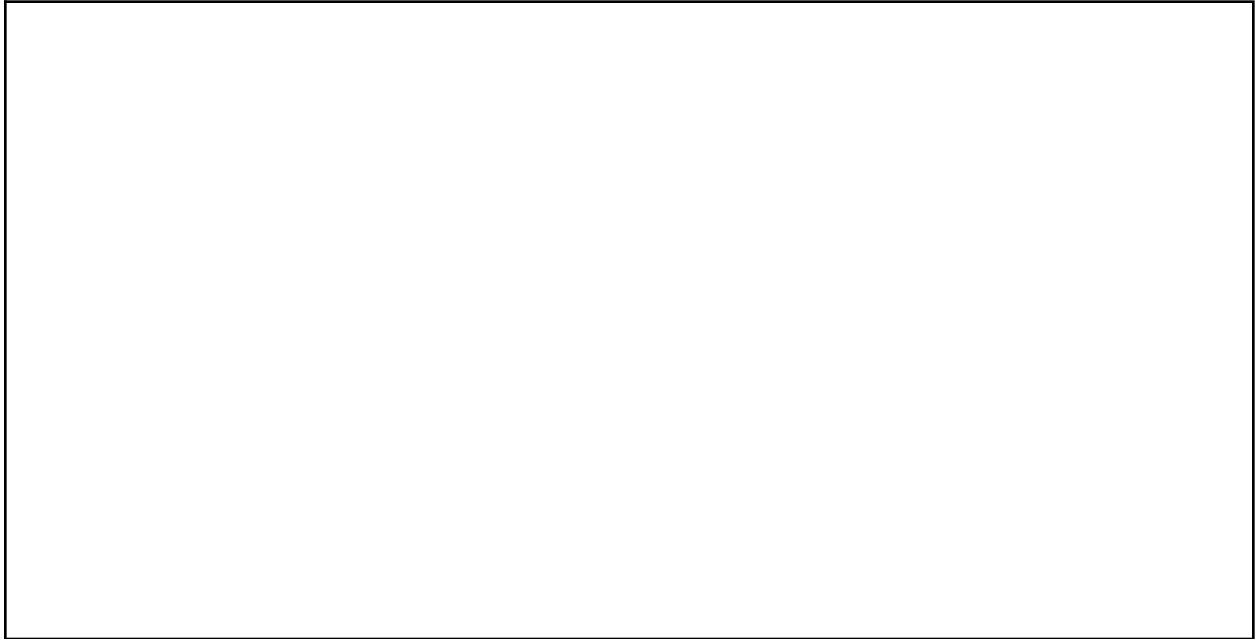
## Drainers

What drained you? (reduced your energy, decreased your bias for action)

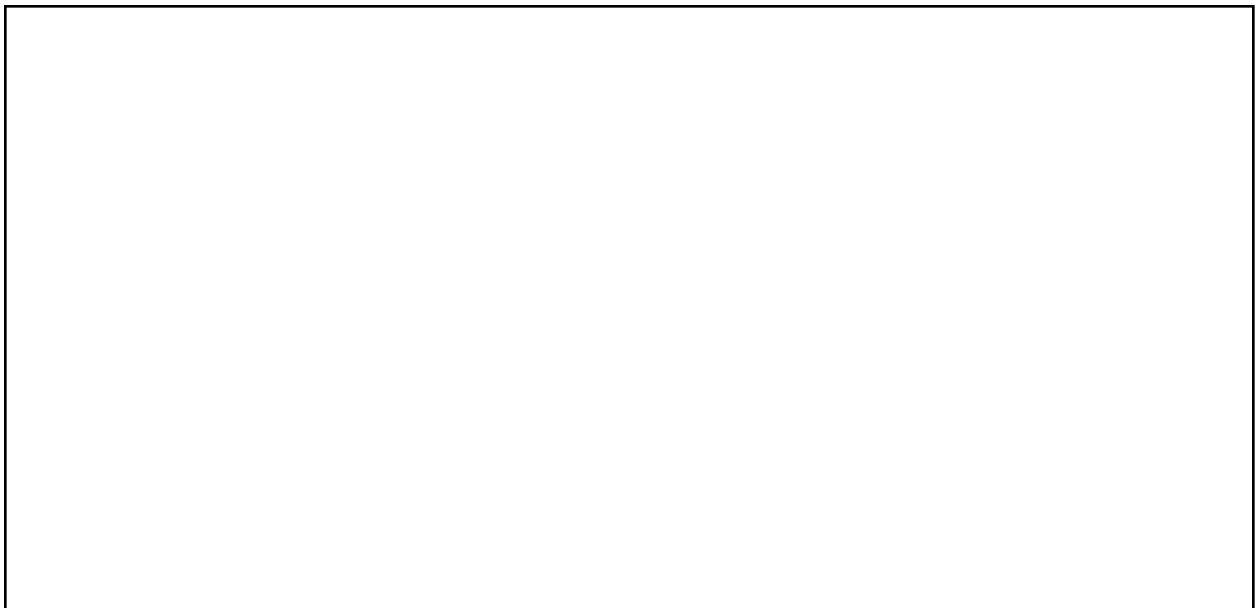


## Looking forward to

What are you looking forward to? (in the next period)

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

## Other notes

A large, empty rectangular box with a thin black border, intended for the user to write their other notes.