

Stripy Lightbulb CIC  
Reflective Practice Record

Name:	Workplace:
Date of Activity:	Location of Activity:
Description of Activity or Event:	

Reflection: What have you learnt?

Reflection: How will you use it at work? How can you pass this knowledge on to others?

Reflection: Do you need to continue your learning? Do you feel/think any differently as a result?

Signature\_\_\_\_\_

Date\_\_\_\_\_