

## Set Your Path

Now you have your reflective practice kit, explore what paths to take. Here are a few suggestions:



Making a pledge to yourself to challenge your assumptions and grow with your reflective practice.



Create a mantra to incorporate rest and joy to help you on your reflective practice journey.



Add to your calendar a non-negotiable reflective practice session.



Bring the language and ethos of reflection into your spaces.



Note: While we've included lots of info into this size of A4, reflective practice is an expansive process so offer yourself as much space as you need

Time to Reflect

# Create Your Own Reflective Practice Kit

Social Action Inquiry Scotland

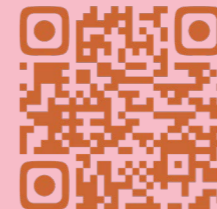
## Welcome to Your Journey into Reflective Practice



### What is Reflective Practice?

**Reflective practice:** a practice built around reflecting (the act of pausing and taking a moment to peel back the layers and notice what is present within). A practice built around reflecting is an act of challenging the reactive culture focussed on constantly moving forward without pausing for breath, and offers an opportunity for clearer seeing. Reflective practice can be done alone and with others.

Delve deeper with the Reflective Practice episode in the Wavicle Podcast by scanning the QR code.



## How to Create Your Reflective Practice Kit



Use this tool as an offering of aspects that you may want to include or consider when creating a "kit" for embarking on a reflective practice journey.



You can customise and create a kit that is more relatable and personalised to your work, pace and schedule.



Find instructions on how to fold this zine by scanning the QR.



## Parts for the Kit

Here we share some suggestions of what could be included in your reflective practice kit:



**Time**  
**Explore:** Adding it to the calendar to habit you already do, and/or having a joint commitment with a friend.



**Journaling**  
**Explore:** Use a medium of choice to record your thoughts and feelings that come up during your reflective session.



**Space**  
**Explore:** Having a private or public designated space, or try mixing it up. See what works best.



**Trust**  
**Explore:** Bringing in your whole-self with people you trust. How can you begin to trust the process?

## Create Your Kit

What are you keeping as part of your kit?

What are you adding to your kit?

What are you letting go of? (Note: think about mindsets and assumptions too).

Draw or journal or create a voice note about what your reflective practice kit looks like and feels like.



## Extra Gear

Here we share some learnings from our own reflective practice for you to consider before embarking on your own journey:

Include reflective practice within the routine of your day.

Explore reflecting as a pair with someone who you feel comfortable with.

Find a way to be present during the reflective practice to notice what comes up for you.

Notice your assumptions and unlearn what productivity means to you.

Be open to reflection not currently being seen as productive in society while knowing that it is.

A Principle of Non Judgement

**Explore:** Saying out loud like to add a structure to your to yourself and everyone involved "there is a principle of non-judgement in this

**Explore:** Breathing exercises, having a warm drink, walks in nature and lighting a fragrant candle in the room.

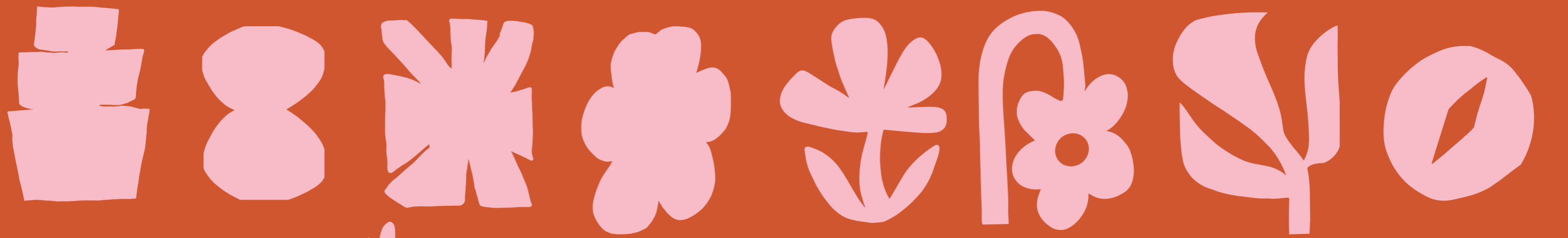
**Explore:** Adding in anything else you might need or already do as part of your reflective practice.

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# Helping Change Happen

