**Foundation Pharmacist Programme**

**Written Reflection**

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|  Name   |   | Employer  |   | Date  |   |

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