

Building your confidence - Reflective Log

This log can be used to capture and document pieces of work / situations where you have done well at. This could be where you felt you have challenged yourself, positive feedback has been given to you, or there has been a positive outcome.

So often we tend to focus on when things went wrong, or thinking we could have done something better, but it is so important to remind yourself of all the great things you have done and the impact they have had. This log can be used for various reasons within your role and career, for example - can be a support document during performance plans / appraisals, provide examples to scenario based recruitment questions, reflect back on your development and growth.

Date	What was the situation?	What did I do?	What was great about it?	How did it make me feel?	What did I learn from this?

