

Gibbs' Reflective Cycle Worksheet

Name

Date

Stage	Description
01	Description ▶ What happened (data-level) What were the important events? ▶ Your answer_____
02	Feelings ▶ What were your feelings and reactions? ▶ Your answer_____
03	Evaluation ▶ What was good/bad (effective/ineffective) about the experience? ▶ Your answer_____
04	Analysis ▶ What sense can you make about the situation? ▶ Your answer_____
05	Conclusion ▶ What else could you have done? ▶ Your answer_____
06	Action Plan: ▶ If it arose again, what would you do? ▶ Your answer_____