**What, Why, How**

Reflection can help manage the emotional impact of professional life. This can be personal or shared with a colleague/ trainer/ appraiser the next few examples illustrate a professional approach to managing your emotional health and personal development.

**Reflection – The What, Why, How approach**

**What do you want to reflect on?** This should contain enough information to allow you to recall the event.

**Why do you want to reflect on it?**

**What do you hope to get out of this reflection – how will it help you**

**How did you and will you learn from this?   
How will this affect your practice and make you a better doctor.**

**How have you been affected by this?** What are your overall conclusions from this episode. How do you feel about the reflection?

For filled in examples please click on the links below:

[*Example 1*](http://www.aomrc.org.uk/wp-content/uploads/2018/08/MCJ15414-ReflectivePractice-WhatWhyHow-Example1-v2.pdf)

[*Example 2*](http://www.aomrc.org.uk/wp-content/uploads/2018/08/MCJ15414-ReflectivePractice-WhatWhyHow-Example2-v2.pdf)