



Change Reflection Activity

Reflect on a change you have recently experienced or been involved in...

Document the change. Be precise and specify exactly the change you want to see.

On a scale of 1-10 how successful was it? (1: unsuccessful to 10: successful)

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|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | | | | | | | | | |

Now consider and document...

How did you or others know the change was a success?

How were you or others afforded the opportunity to test the change?

What enablers or barriers to change did you or others experience?

What could you or others have done differently?

Document your reflections in the template. You may wish to revisit your reflections over the course of the module.