



A MetaReflection (Reflection about Reflection)

As you analyze your journal, you might want to reflect on what you are writing in your journal/blog. Ask yourself questions like the following:

1) *Did I write about things that were not visible?* Descriptive writing is about what happened, but reflective writing is about what takes place in the mind which is not visible.

2) *Did I learn something new from writing?* Writing is a way to organize thinking. When you repeatedly ask yourself why after everything you write, you will start to get at things close to your core assumptions and values. Often examining these leads to new ideas.

3) *Did my reflection help guide me to cycle two?* Action research is cyclic or iterative. This means that the outcomes of one innovation cycle lead to ideas for the next. What will you try in cycle two? and in cycle three? and beyond?