



20 Day Self-Reflection

Personal reflection often begins with an aspect of yourself that you want to change or improve. Whether it's starting a weekly exercise routine, watching less TV, or reducing clutter, improvement takes commitment and time. Teachers improve their skills and knowledge in many ways, such as through professional development, professional collaboration, and graduate classes, but they often do not have the time to examine how or what to improve through reflection.

The 20 Day Self-Reflection that follows provides teachers with a simple way to incorporate reflection. The twenty daily reflections are grouped into four teaching domains (planning & preparation, classroom environment, instruction, professional responsibilities) and focus on the positive actions and strategies teachers perform in their classrooms. The plan is a tool for becoming a better teacher, not for highlighting teaching mistakes i.e., the assessment that flopped, unfinished tasks and the technology that didn't work.

Reflecting for five or ten minutes at the end of each day builds new skills. Jot down notes and begin to implement small changes based on patterns or trends within the reflections. Thinking about these positive accomplishments leads to creative ideas and/or actions that help reframe issues and perspectives. Like any new endeavor, the reflective process takes practice to become a permanent fixture, but daily practice will help teachers end their days with more proactive mindsets.

20 Day Self-Reflection Plan

Domain	Monday	Tuesday	Wednesday	Thursday	Friday
Planning & Preparation	What activities engaged students the most today? How did they impact student learning?	Consider the varied instructional resources you implemented and how they made a difference.	Reflect upon how you challenged students with higher level thinking opportunities.	What assessment method helped you the most today? Why?	What planning practices made the most difference in your instruction this week?
Classroom Environment	Acknowledge all the ways you cultivated rapport with your students today.	In what ways did you encourage student participation? How can you continue to build an open and trusting environment?	Think about how you incorporated students personal interests and knowledge.	Consider how your feedback promoted student engagement and motivation.	Reflect upon the procedures, routines and practices that have established a positive tone in your classroom.
Instruction	What lesson went well today? What practices contributed to the success?	Acknowledge the ways your instructional style facilitated effective feedback. How did this feedback improve student performance?	Recognize the strategies you used to stimulate critical thinking and curiosity. How did they help students develop their own questions?	Reflect upon the student comments and actions that demonstrated understanding of your learning goals.	How can you enhance your most successful instructional practices to improve student learning?
Professional Responsibilities	Recognize the many positive ways you connect and communicate with parents.	Consider a new instructional strategy you would like to try. What steps can you take to implement it?	Acknowledge your collaborations with other teachers that have led to student success.	Think about the effective ways you have gathered and tracked student progress. What are the benefits of these methods?	Notice the countless qualities that make you a good teacher. Appreciate, and celebrate these outstanding qualities.