**Reflective Worksheet**

The ‘What’ Model (Rolfe, Freshwater and Jasper 2001)

**What?**

Describe the situation so you can reflect on it

**So What?**

Consider your own personal theory of understanding about the event / incident

**Now What?**

Reflect on action

What can be done to improve experience?

Consequence of such action

This stage makes the biggest contribution to practice