

# Reflective Practice

## ESP+I

This thinking routine from Project Zero might be a useful aid for reflecting after completing an extended task or at planned points during a project.

### Experience

What were some of the key actions or activities in this endeavour that moved your thinking, learning and goal forward?

### Struggles

What were some of the things that you or others struggled with or found challenging that you overcame?

### Puzzles

What new questions, opportunities or challenges came up along the way?

### + Insights

What additional or new insights do you have now?