

## 1. REFLECTIVE DIARY

Reflective practice is the foundation to all areas of nursing practice and development. Please find below a reflective diary that you can duplicate and use as you wish to assist you in ensuring reflection remains at the heart of your GPN learning journey. Along with the professional development plan below this can also be used to contribute towards your annual appraisal and 3 yearly revalidation.

<b>Date</b>	
<b>Description</b>	
<b>Feelings</b>	
<b>Evaluation</b>	
<b>Analysis</b>	
<b>Conclusion</b>	
<b>Action Plan</b>	