RN TRANSITION TO PRACTICE · FREE RESOURCE

Post-Shift Reflection Worksheet

Turn a busy shift into a few clear learning points, without replaying every moment in your head.

Keep it brief. Choose one patient situation, communication moment, or priority decision. Reflection is not a substitute for reporting, debriefing, or following your unit's required process. If something needs immediate support, bring it to the appropriate person on your team.

Date and shift

What is one moment I want to understand better?

What facts did I notice?

Write what you saw, heard, reviewed, or were told. Stay close to the facts.

MAKE THE LEARNING USEFUL

Look at your thinking

What did I think was happening, and why?

What did I do, communicate, or escalate?

What helped? What made the moment harder?

What would I ask a preceptor, educator, or trusted colleague?

CLOSE THE LOOP

Choose one next step

One thing I will repeat next shift

One thing I will practice, read about, or ask for feedback on

A kind reality check: Feeling stretched does not mean you are failing. The early months of practice are full of new patterns. Notice your growth, ask for help early, and keep your next step small enough to do.

Educational resource only. Protect patient privacy: do not include names, dates of birth, room numbers, or other identifying details.