

# The Action Learning Cycle

## Guiding Questions

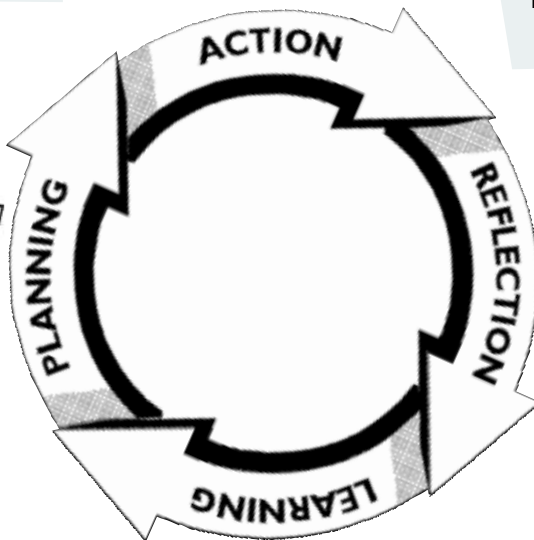
**ACTION**

What significant things happened? Describe the events. Who was involved, what did they do? What picture emerges? How did I/we feel?



**REFLECTION**

Why did it happen, what caused it? What helped, what hindered? What did we expect? What assumptions did we make? What really struck us? Do we know of any other experiences or thinking that might help us look at this experience differently?



**PLANNING**

So what does this mean for practice? What do we want? What do we want to do, to happen? How? What are we going to do differently? What do we have to let go of or stop doing? How will we not repeat the same mistake? What steps will we use to build these new insights into our practice?

**LEARNING**

What would we have done differently? What did we learn, what new insights? What was confirmed? What new questions have emerged? What other theories help us to deepen these learnings? What guidance do we get for the future?