

## SELF-REFLECTION

### CHECKING WHAT I BRING TO THE FPL ROLE, AND HOW I CAN FURTHER DEVELOP IT

#### Rating guide

Choose a number between 1 and 10 that best reflects where you think you sit with each aspect of the FPL role. 1 is “I’m a total beginner on this and have a long way to go”) and 10 is “I am really, REALLY awesome at this”.

Characteristics of effective FPLs	My rating	Ways I could strengthen this
Very sound value base in relation to social justice and community inclusion through people having valued roles	1 2 3 4 5 6 7 8 9 10	
Highly mindful of the unique individuality of each person served	1 2 3 4 5 6 7 8 9 10	
Good thinker	1 2 3 4 5 6 7 8 9 10	
Non-judgemental , and open to new ideas	1 2 3 4 5 6 7 8 9 10	
Good insights into the challenges faced by staff working at the frontline	1 2 3 4 5 6 7 8 9 10	
Pleasant, engaging interpersonal style	1 2 3 4 5 6 7 8 9 10	
Committed to the provider organisation and its values	1 2 3 4 5 6 7 8 9 10	
Personally well-organised	1 2 3 4 5 6 7 8 9 10	

**Now go to next page**

## My Action List

From the above rating table right-hand column, think about what actions you could take that will help you strengthen your capacity in each of the areas you've looked at. Think about concrete actions you could do in the very near future (no further out than one month), and write them down, one on each line, in the left hand column below. Then give yourself a target date for each one. The right-hand column can help you track your progress and mark the glory of you completing them 😊

Actions I am taking to build my capacity	Target date	Progress

**Ok, I've looked at how I'm going, and I've got some actions in place to deepen my skills. Now what?**

Update your self-reflect at least every three months, so that you are regularly making time to check in on how you are going and what you can do next to develop your skills as a practice leader.