**Academy of Medical Royal Colleges (AoMRC) Reflective Practice Template**

**Reflection for appraisal or e-portfolios based on AoMRC Template**

**Outline skills, activity or event**

**What is the most important thing you have learned from this experience?**

**How has this influenced your practice?**

**Looking forward, what are your next steps?**

For filled in examples please click on the links below:

[*Example 1*](http://www.aomrc.org.uk/wp-content/uploads/2018/08/MCJ15414-ReflectivePractice-AoMRC-Example1-v2.pdf)

[*Example 2*](http://www.aomrc.org.uk/wp-content/uploads/2018/08/MCJ15414-ReflectivePractice-AoMRC-Example2-v2.pdf)