

Worksheet 4: Strengths

This worksheet leads you through the first part of step 3 in the Reflect to Learn Process.

1. From the experience you described in Worksheet 3, identify and record your strengths using the questions noted below.
2. Review the standards statements and nursing values that you rated as a "4" in worksheets 1 and 2.
3. Identifying your strengths in relation to the standards statements and nursing values that you rated as a "4" will help to demonstrate how you meet your Standards for Nursing Practice and Code of Ethics for Registered Nurses on a day-to-day basis.

Questions to guide you in completing Worksheet 4 are presented below. Use this page to describe and write your reflections.

What you know or can do because of the experience.

- What worked well? What would you continue to do?

- Are there any patterns associated with this past experience?

- What does this experience demonstrate that you know or can do?

- What skills or knowledge did you develop?

What standards and/or nursing values relate to these strengths?

Additional notes and thoughts: