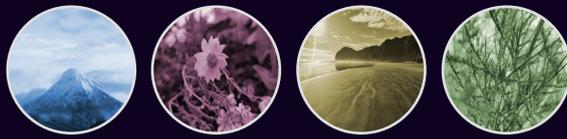


A CYCLE OF REFLECTION

A critical reflection process connected to the cycles of the year

- AUTUMN EDITION -





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Developed and designed by Jono Selu.

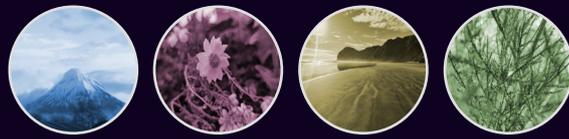
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Got a question? Get in contact via contact@sailiga.com.



A CYCLE OF REFLECTION

Undertaking reflection is a critical component of social practice. It enables us as practitioners to continue to grow and develop our practice through praxis loops (i.e. by digesting our experiences into personalised theories and frameworks, which we can in turn reapply in other practice settings). Whilst reflection is often a core skill taught to new practitioners, it can become a process that more experienced practitioners take for granted, falling into routines of rote-learned reflection pathways. This can begin feeling like your reflective practice provides diminishing returns for growth and development compared to early practice.

So how do we revisit and revitalise our reflective practice?

Admittedly, there are many ways to reinvigorate reflection as a practice. However, this can sometimes feel overwhelming because processes are not always clear cut, and you find yourself having to patchwork your way into a newer pathway. This can be compounded by the fact that many reflective processes are often framed as being singular and individualised (i.e. they happen in a single session or in a particular instance). And often, it's hard to "fix what ain't broke," when there are a million and one other pressing matters and issues to deal with in the course of your work week.

I'm not saying that I have the answer, but one way that I've found useful is to consider the idea of cycles and flow. Nature is cyclical. So what if we attuned our reflection processes to the natural environment? Rather than give you a whole spiel about the cycles of nature and seasonal flow, I invite you to explore this resource and see how it might resonate with your own reflective practice. Particularly, I want to challenge you to invite play and curious observation into your practice, rather than thinking about this as a rigid and linear framework.

Here a couple of guidance tips:

- ◆ Approach these exercises with curiosity - avoid judgement or assessment of yourself or experiences as "good" or "bad".
- ◆ Remember, the idea of critical reflection is to allow ourselves space to explore and grow from our experiences.
- ◆ Embrace the idea that we are whole people - think about your practice in the context of your whole multidimensional life.

If this hits different for you, I invite you to get in touch (contact@sailiga.com) and let us know your thoughts and experiences.

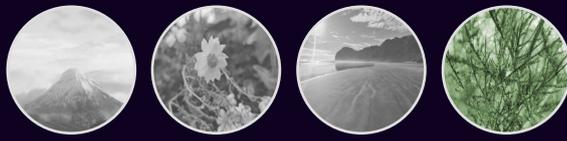
A CYCLE OF REFLECTION

AUTUMN



Autumn is an odd one. Somehow it feels like the year has only just started but also has been going for far too many months. With any luck, the summer sunshine is sticking around a little longer, although the mornings are definitely getting colder and it's noticeably wetter than before. Soon the leaves will start to turn red and gold, the mornings will be darker, and there'll be Easter eggs in the shops. Autumn is the harvest season - time to reap what we have sown and prepare the garden for the coming Winter. As practitioners, we can tap into the season by thinking about what is in our harvest and what we need to realign with our personal 'why?'

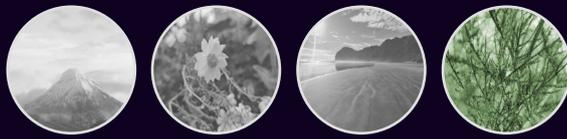




REWARDS & RESTRICTIONS

Consider these questions in the context of your practice (without judgement) over the last three-months:

1. What has been surfacing or arriving for you in your practice (whether from professional or personal realms)?
2. What are three positive key insights that you have had about your practice?
3. What are three difficult key insights that you have had about your practice?
4. How will you integrate these learnings back into your practice?



REALIGNING TO WHY?

Consider these questions in the context of your practice over the last three-months:

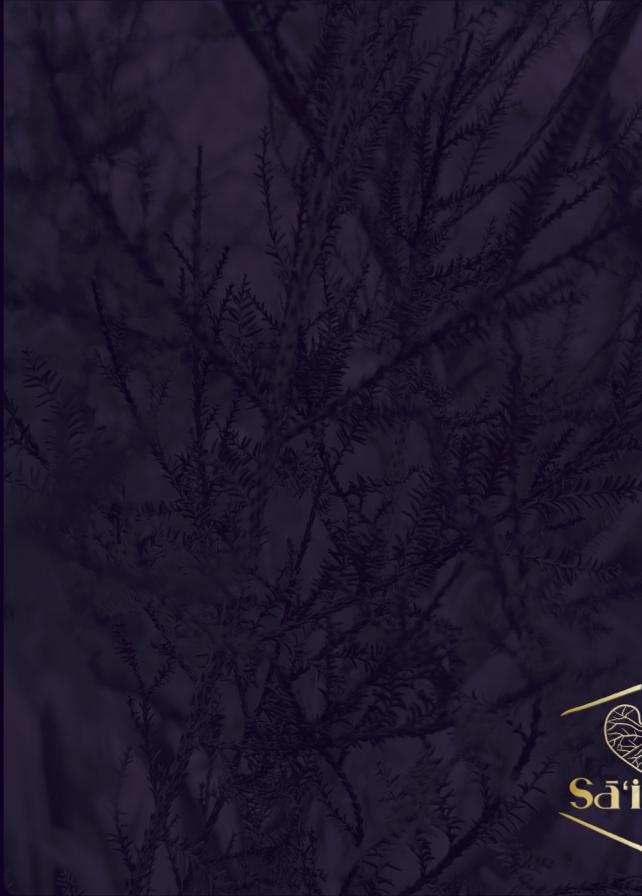
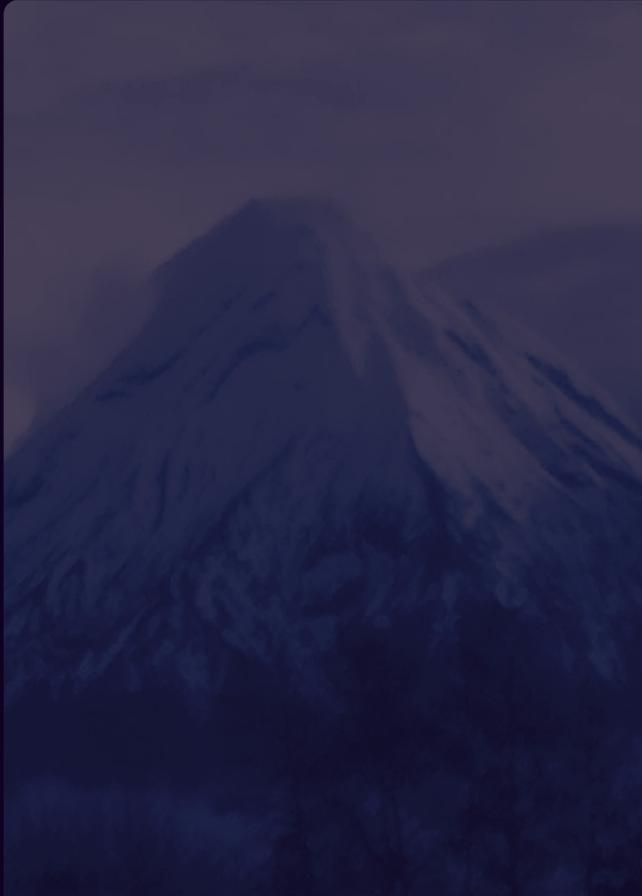
1. Why do you do this work? i.e. your job, your career, your field of practice, etc.

2. How has this changed over the last 12 months?

3. Where do you feel that your practice has deviated from your why?

4. How can you realign these parts of your practice?

5. What things might you carpark or let go of? How will you do this?



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