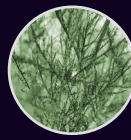


# A CYCLE OF REFLECTION

A critical reflection process connected to the cycles of the year

- SUMMER EDITION -





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# 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](mailto:contact@sailiga.com)) and let us know your thoughts and experiences.

# A CYCLE OF REFLECTION

# SUMMER



*Summer: Ocean swims, ice creams, and holidays! Pōhutukawa are in full bloom and the earth is teeming with life. In Aotearoa, summer is usually a time of community and celebration. The Pākehā New Year can also carry reflection and contemplation vibes for many (you know...the dreaded New Year's Resolution).*

*After a long year of work, we are often looking forward to a well-deserved break over the holiday period. Summer is usually focussed on winding down work. But what if we thought about summer being a time of tending to our professional garden? What beautiful blooms might that produce?*







# CELEBRATING WINS

*As a time of celebration, how do we celebrate our professional lives? Contemplate the last 3-months with the following prompts:*

1. What 3 things do you feel are going right in your practice?

2. What have you learned about yourself and the way you practice since Spring?

3. What inspires you in your current practice? Why?



# TENDING THE GARDEN

*Ensuring that our garden is kept healthy in the summer heat means taking steps to keep it thriving. Contemplate the next 3-months with the following prompts:*

1. What parts of your practice would benefit from a bit of attention?

2. How will you care for these parts in the next 3 months?

3. What are 2 things that you have a desire to bloom in your practice over the next 3 months? How will you support that to happen?

