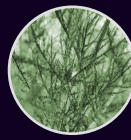


A CYCLE OF REFLECTION

An critical reflection process connected to the cycles of the year

- WINTER EDITION -





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Published by Sā'iliga, in Tamaki Makaurau, Aotearoa.

First Edition, 2025.

Recommended reference:

Selu, J. (2025). *A Cycle of Reflection: Winter*. Sā'iliga: Tāmaki Makaurau, Aotearoa.

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

WINTER



Winter is the time for retreat and introspection. The fanua (land) is resting while the weather gets colder and the days become shorter. For most of us, a 3-month retreat is not practical or possible. However, that doesn't mean that we can't invite the spirit of the season into the ways that we operate in the modern world. Winter is the perfect time to reflect on the year that has gone, while also considering what kinds of things you want to cultivate in the year to come. As one cycle closes, another shall begin.



It is recommended that this reflection process be done anytime from May until just before Matariki¹. You are welcome to use the worksheet as is, or feel free to get creative with how you record your responses.

¹It is advisable to have this process completed before Matariki, as the rising of Matariki marks the crossing into a new year.



LOOKING BACK

Thinking about your practice over the last 12 months...

1. What are 3 words that describe the main theme(s) of your personal practice over the past cycle?
2. What has success looked like for you? Why does that feel like success?

3. What stands out as an event or experience that has sparked curiosity or inquisitiveness in you?

4. Where do you feel you have had the most growth? Why?

5. What are 2-3 things that you feel no longer serve you in your practice? What does it look/feel like to leave these things behind?



LOOKING FORWARD

Thinking about your practice in the next 12 months...

1. What 2-3 specific things do you want to cultivate in your practice? Why?

2. What will strengthen you in your practice? How?

3. What specific things will support you in your practice? How are they supportive?

4. What 3 values feel most important to you in the next cycle? Why?

5. What do you personally want out of your practice in the next cycle?

