After reading the Developing your Research section, starting on Page 25, complete the following reflective exercise by answering the questions below.

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| --- |
| **Reflection**  |
| **Increase impact** |
| What audience would be most interested in my work? How can I engage with them? |
|  |
| What difference will my research make to others? |
|  |
| **Stretch yourself** |
| What am I learning in my job / what have I learnt in the last 12 months? |
|  |
| What would I like to learn? |
|  |
| How can I avoid being in the panic and comfort zones? |
|  |
| **Be creative** |
| Which creativity approaches could I try? |
|  |