What is Self-Reflective Practice?
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Level 1: Why do you do what you do?
- What are your conscious theories of change, of peacebuilding, of third-party role?
- What are your unconscious assumptions?

Level 2: Why do you really do what you do?
- What do you care about deeply?
- What values/ideals are you operating on?
- Who or what has fed those ideals in your life?

Level 3: Why do you really really do what you do?
- What is your vision for peace?
- How does your peacebuilding work fit into your life purpose?

Level 4: How are you changed by what you do?
How does your participation in the system affect you:
- Emotionally?
- Physically?
- Mentally?
- Spiritually?

Level 5: How will your changes affect:
- Your sense of yourself?
- The theory and practice of your work?
- Your relationships with self and others in your personal and professional lives?