

# The art of reflection

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# This talk will encourage you to look inwards

I'm not giving this talk in a vacuum



**“The mystery of life isn't  
a problem to solve, but a  
reality to experience.”**

Dune, written by Frank Herbert





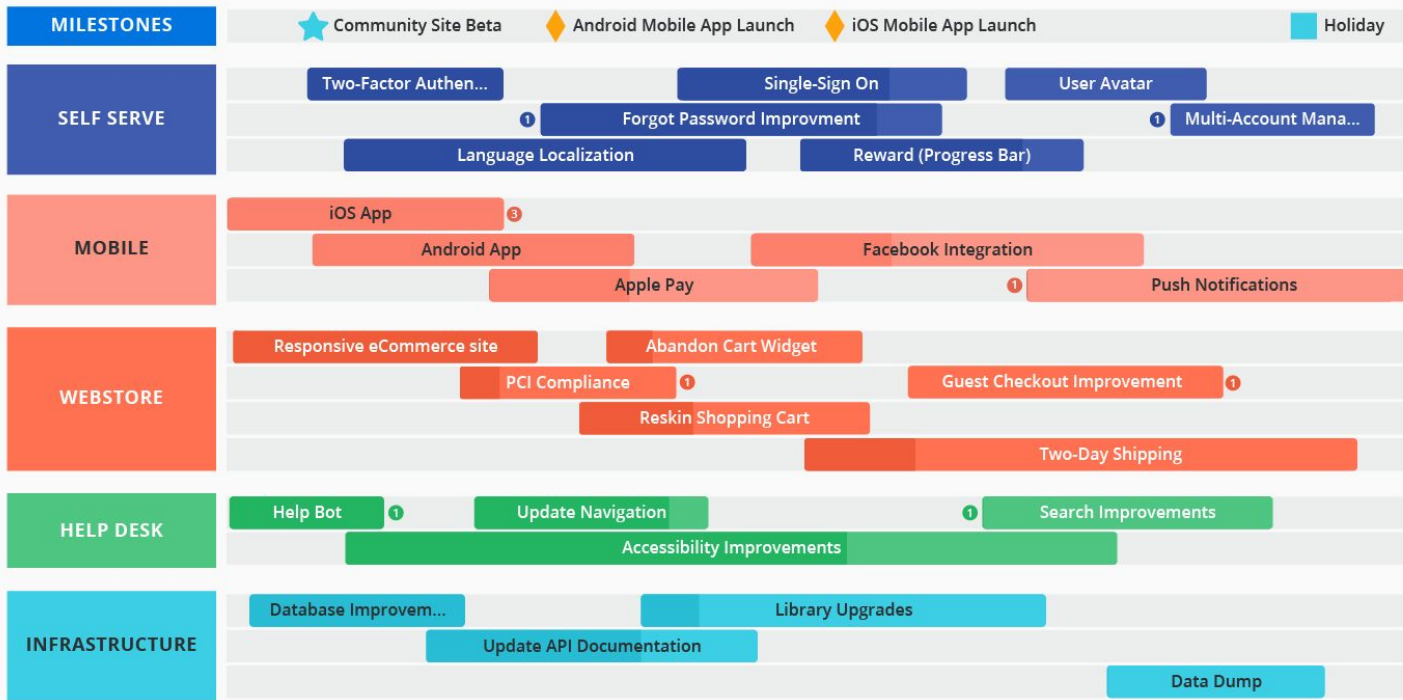
**“Having more time doesn’t  
mean you should do more.”**

Time is always  
working against us





Stand up 9 – 9:45am	Stand up 9 – 9:45am	Stand up 9 – 9:45am	Stand up 9 – 9:45am	Stand up 9 – 9:45am
Design workshop 10:15am – 12pm	Check in, 10am Check in 10:30 – 11:30am	Data call, 10:30am Design corner 11am – 12pm	Objective check in, 10am Leadership meeting 11am – 12pm	Design jam 10 – 11am
			Appointment 12 – 1pm	121 11:30am – 12:30pm
Leading design 1 – 2pm	Design review 1 – 2pm	App team workshop 1 – 4pm		121, 1pm
Design check in 2:15 – 3pm	Huddle, 2pm		121 1:30 – 2:30pm	Learning time 2 – 3pm
121, 3pm	Planning 2:45 – 3:30pm 121 3:30 – 4:30pm		Design lab 3 – 4pm	





8:32



Photos



Camera



Fantastical



CARROT<sup>5</sup>



Tweetbot



Snapchat



YouTube



Evernote



Spark



Ulysses



Workflow



Things



Overcast



Instapaper



News



App Store



Settings







Current Trip

- 0 hr 40 min Duration
- 32 mpg Fuel Economy
- 54 mi Distance

Monday 6

Tomorrow

- Design Sync 10:00 - 11:00 AM
- Weekly Goal Sync 2:30 - 3:30 PM

Oakland ↗

Air Quality 37 Good

UV Index 0 Low

My Home

- Garage Door Closed

Riptide

The Chainsmokers - So Far So Good

3:07 -0:53



9:41 Mon Jun 6

Cell 5G

Phone Music Maps Messages Now Playing

Podcasts News Audiobooks Radio Settings

Oakland

65°

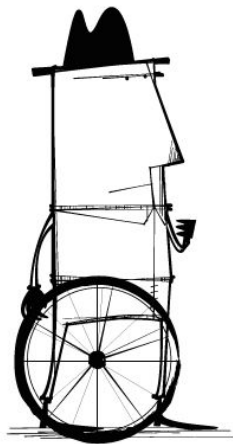
Clear

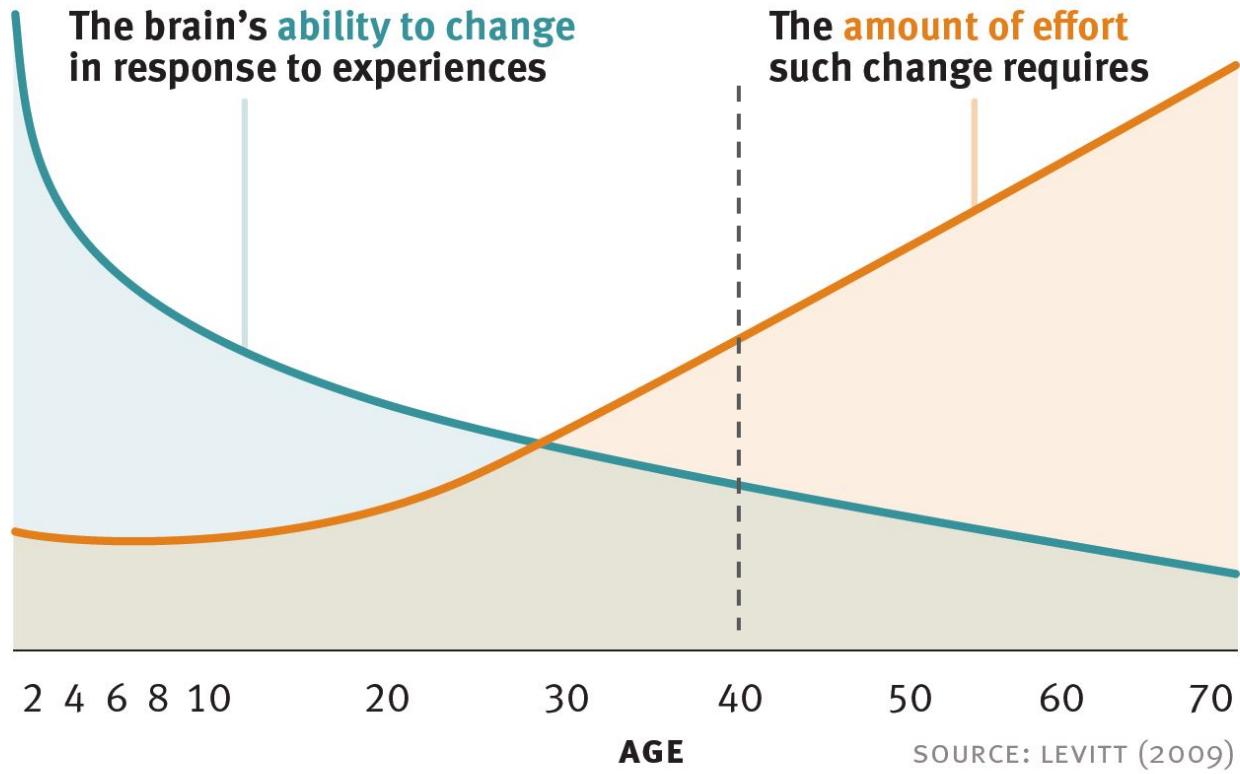
H:72° L:55°

10PM 11PM 12AM 1AM 2AM

60° 67° 68° 70° 72°

74





SOURCE: LEVITT (2009)

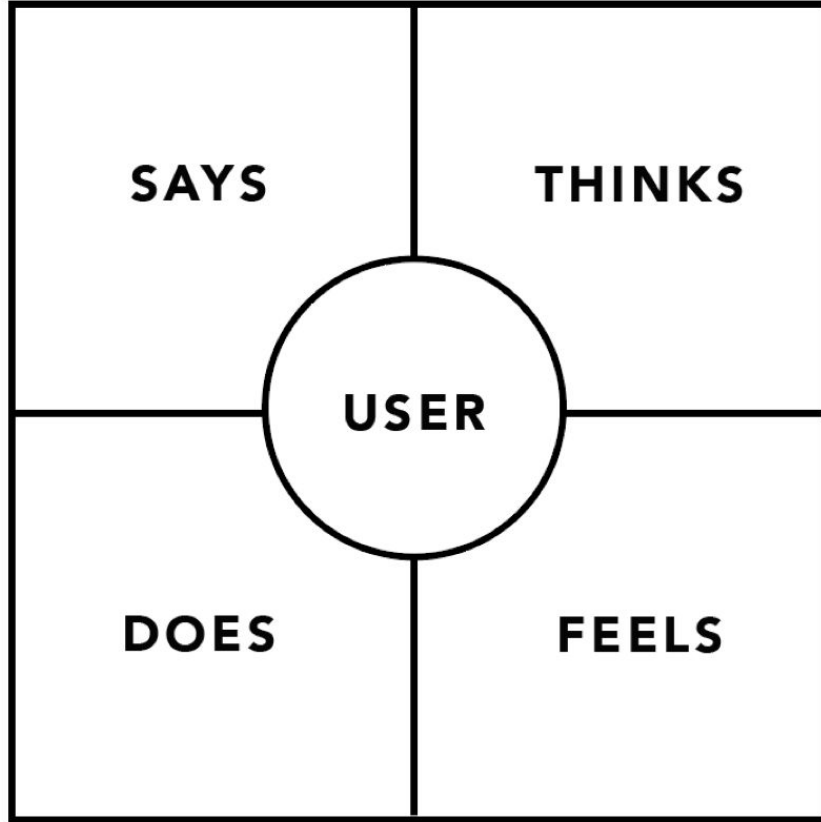
There's a lot of pressure  
in design and tech to  
keep learning



But what if we got  
it wrong?

"Knowing yourself is the  
beginning of all wisdom."

– Aristotle



The first step to empathy

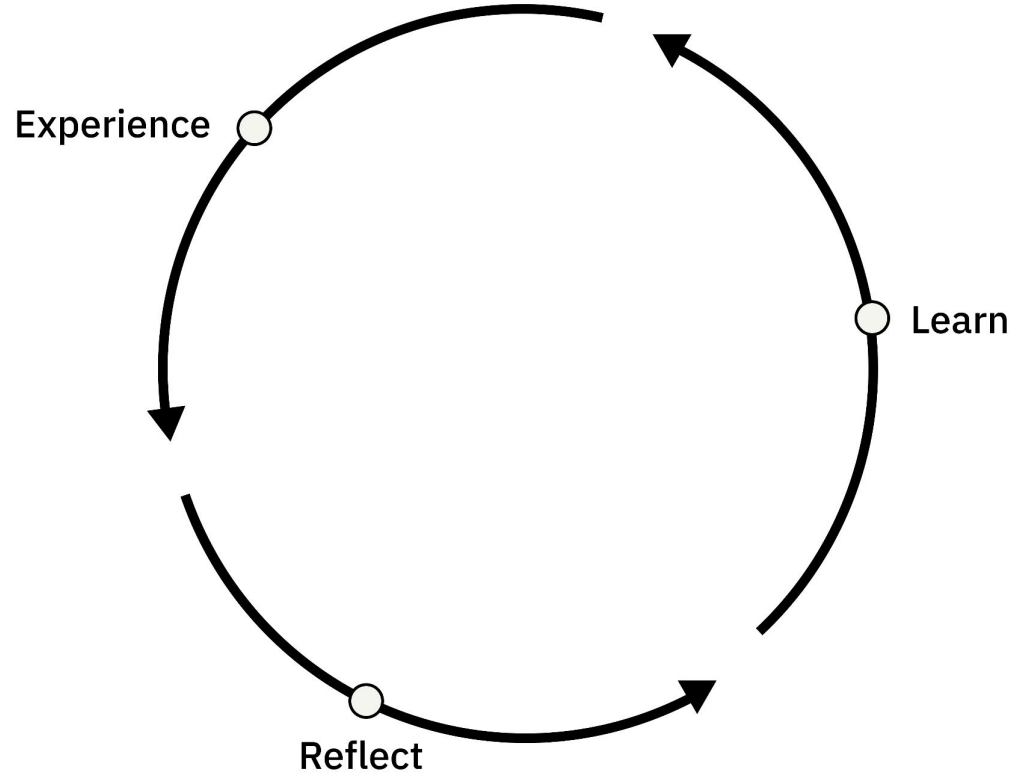
**is self-empathy**

# Reflection

Reflection is an introspective process that helps you better understand your experiences.

It focuses on the architecture that drives your behaviours.

**It's rooted in self-awareness and learning through experience**



# Research on reflection

A study in 2014 found that people who spent 15 minutes at the end of the day reflecting on their experiences, performed 23% better compared to those who didn't.

**Reflective Group:** Happier, more productive and less burnt out

# Downtime leads to success



Brené Brown



Serena Williams



Lionel Messi



So what are we looking  
for when we reflect?

"We had the experience  
but missed the meaning."

– T.S. Eliot

Feelings



Meaning

# Gibbs and reflection

Graham Gibbs developed the 6-stage reflective cycle in 1988 to help with experiential learning.

**Critically, he expressed the importance of feelings in reflection.**

## **6 stages of the reflective cycle**

Description, feelings, evaluation, analysis, conclusion, action plan



Where do you start?

Reflection is a  
form of art

# Art & reflection

Solitude

Curious mindset

Imagination

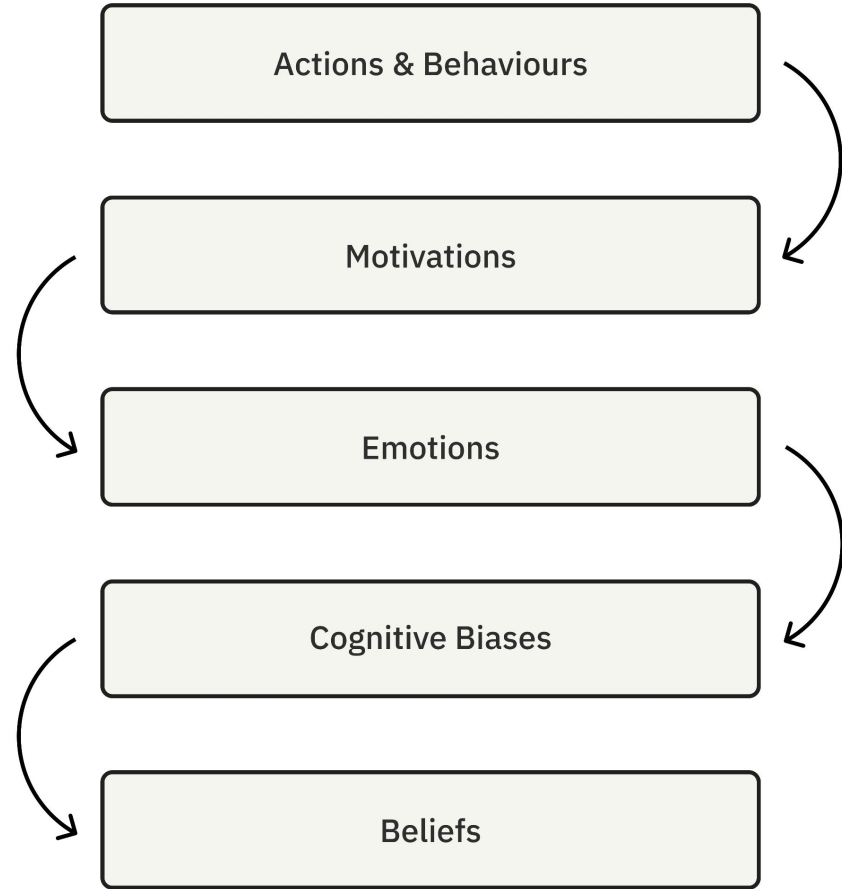




**Practical tip**

**Take 15 minutes of  
alone time each day**

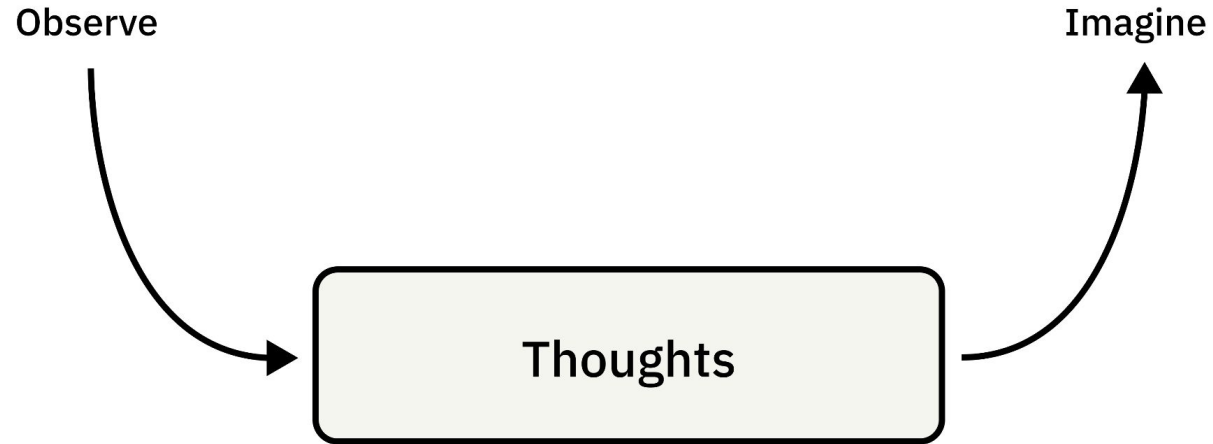
# Curious mindset



Practical tip

**Keep a journal of  
questions and answers**

# Imagination



Practical tip

**Don't just read your  
notes - iterate on them**

<b>Element</b>	<b>Practical input</b>	<b>Practical output</b>
Solitude	15 mins of thinking time each day	Slow down and process everything
Curious mindset	Journal of questions and answers	Find meaning in experiences
Imagination	Review and iterate on journal entries	Learnings for the future

Better self-awareness → My impact on other people

Deeper alignment with my core values → Selective with where I put my energy

Practicing empathy → Different ways of thinking and iteration



What do we risk by  
not reflecting?



**“You cannot see  
the future without  
seeing the past.”**

Dune, written by Frank Herbert

**Change begins with you**