For a seed to achieve its greatest expression, it must come completely undone. The shell cracks, its insides come out and everything changes. To someone who doesn’t understand growth, it would look like complete destruction.

— Cynthia Occelli

Week of: _____________________________________________

Weekly Learning Activities: Identify what stage of transition you are presently in: Honeymoon, Shock, or Recovery.

Start of the Week

I am grateful for....

1. ____________________________________________  
   ______________________________________________

2. ____________________________________________  
   ______________________________________________

My goals for my learning this week are....

1. ____________________________________________  
   ______________________________________________

2. ____________________________________________  
   ______________________________________________

What would make this week great?

1. ____________________________________________  
   ______________________________________________

2. ____________________________________________  
   ______________________________________________

Weekly affirmation: I am ...

   ______________________________________________
   ______________________________________________

End of the Week

3 Amazing things that happened this week....

1. ____________________________________________  
   ______________________________________________

2. ____________________________________________  
   ______________________________________________

2 Things I learned this week that I didn’t know before....

1. ____________________________________________  
   ______________________________________________

2. ____________________________________________  
   ______________________________________________

How could I have made my week even better?

   ______________________________________________
   ______________________________________________
   ______________________________________________
   ______________________________________________

Remarkable Reminders

   ______________________________________________
   ______________________________________________
   ______________________________________________
   ______________________________________________

Moments of Mindfulness

   ______________________________________________
   ______________________________________________

Cultivation Corner

Frustrations I experienced this week:

   ______________________________________________
   ______________________________________________
   ______________________________________________
   ______________________________________________

Copyright 2019 by THE UNIVERSITY OF IOWA, Iowa Online Nurse Residency Program. All rights reserved
Reflection: Reflect on past experiences in which you were stressed, overwhelmed, or frustrated with how things were going in your life. What did self-care look like for you during that time? How can you begin to set yourself up for success knowing your first year of practice will be difficult, frustrating, or overwhelming at times?

What did I do that was good?

Where could I have done better?

What do I want to make sure I do differently in the next year to make myself a priority?
You have to set goals that are almost out of your reach. If you set a goal that is attainable without much work or thought, you are stuck with something below your true talent and potential – Steve Garvey

**Learning Activity:** Develop your professional growth plan including both short and long-term goals. Find a template in the back.

### Start of the Week

I am grateful for....

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

My goals for my learning this week are....

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

What would make this week great?

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

Weekly affirmation: I am ...

______________________________________________________________________________
______________________________________________________________________________

### End of the Week

3 Amazing things that happened this week....

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

3. ____________________________________________
   ______________________________________________

2 Things I learned this week that I didn’t know before....

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

How could I have made my week even better?

______________________________________________________________________________
______________________________________________________________________________

Remarkable Reminders

______________________________________________________________________________
______________________________________________________________________________

Moments of Mindfulness

______________________________________________________________________________
______________________________________________________________________________

Cultivation Corner

*Practices I questioned this week:*
Reflection: Reflect on past goals you have set for yourself. How were you able to achieve them? What actions can you begin to take to help you reach those goals?

What did I do that was good?

Where could I have done better?

What do I want to make sure I do differently this year to reach my goals?
Learning Activity: Identify a co-worker who you see as a good critical thinker. Observe or interview them. What characteristics do they portray that makes them this way?

Start of the Week

I am grateful for....

1. ____________________________________________
   ____________________________________________

2. ____________________________________________
   ____________________________________________

My goals for my learning this week are....

1. ____________________________________________
   ____________________________________________

2. ____________________________________________
   ____________________________________________

What would make this week great?

1. ____________________________________________
   ____________________________________________

2. ____________________________________________
   ____________________________________________

Weekly affirmation: I am ...

   ____________________________________________
   ____________________________________________

End of the Week

3 Amazing things that happened this week....

1. ____________________________________________
   ____________________________________________

2. ____________________________________________
   ____________________________________________

3. ____________________________________________
   ____________________________________________

2 Things I learned this week that I didn’t know before....

1. ____________________________________________
   ____________________________________________

2. ____________________________________________
   ____________________________________________

How could I have made my week even better?

   ____________________________________________
   ____________________________________________
   ____________________________________________
   ____________________________________________
   ____________________________________________

Remarkable Reminders

   ____________________________________________
   ____________________________________________
   ____________________________________________
   ____________________________________________
   ____________________________________________

Moments of Mindfulness

   ____________________________________________
   ____________________________________________
   ____________________________________________
**Reflection:** Reflect on a shift in the past couple weeks at work; identify at least one situation that required you to think critically. Which cognitive skills discussed in the module did you use and which skills didn’t you use that you maybe should have?

What skills did I use?

What skills could I have used that might have made me better?

What skills do I want to be sure to use next time and how will I make sure that happens?
The value of a college education is not the learning of facts, but the training of the mind to think. – Albert Einstein

Learning Activity: Identify factors in your environment which aid or hinder your ability to develop your critical thinking skills. What could you do to address the barriers and enhance the positive factors?

Start of the Week

I am grateful for....

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

My goals for my learning this week are....

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

What would make this week great?

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

Weekly affirmation: I am ...

   ______________________________________________
   ______________________________________________

End of the Week

3 Amazing things that happened this week....

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

3. ____________________________________________
   ______________________________________________

2 Things I learned this week that I didn’t know before....

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

How could I have made my week even better?

   ______________________________________________
   ______________________________________________
   ______________________________________________
   ______________________________________________

Remarkable Reminders

   ______________________________________________
   ______________________________________________
   ______________________________________________
   ______________________________________________

Moments of Mindfulness

   ______________________________________________
   ______________________________________________
   ______________________________________________

Cultivation Corner

Unit practices and processes I think could be improved:
Reflection: Reflect on the results of your self-assessment that helped you to identify ‘habits of mind’ that you may need to work on in order to improve your critical thinking skills.

What ‘habits of mind’ do I use well?

What ‘habits of mind’ could I use more?

What can I do to improve my use of those ‘habits of mind’ and actively apply them to my practice?
**Weekly Goal** – Following your discussion group, identify your goal and action steps for the coming month:

When it comes to the topics discussed this month, I want to work on improving ...


Reflection on progress...

2 actions steps I can take to reach my goal...

1. 

2. 

---

**Mentor Check-In:**

Amazing things I hear and see you doing...


Areas for potential growth or continued improvement...


Goals and action steps to focus on for your next month...


Unit and facility resources available to explore...


*The single biggest problem in communication is the illusion that it has taken place. – George Bernard Shaw*
**Learning Activity:** Explore what communication tools are being used on your unit. What tools are being promoted and how often are they actually being used?

---

**Start of the Week**

I am grateful for....

1. ____________________________________________
   ____________________________________________

2. ____________________________________________
   ____________________________________________

My goals for my learning this week are....

1. ____________________________________________
   ____________________________________________

2. ____________________________________________
   ____________________________________________

What would make this week great?

1. ____________________________________________
   ____________________________________________

2. ____________________________________________
   ____________________________________________

Weekly affirmation: I am ...

   ____________________________________________
   ____________________________________________

---

**End of the Week**

3 Amazing things that happened this week....

1. ____________________________________________
   ____________________________________________

2. ____________________________________________
   ____________________________________________

3. ____________________________________________
   ____________________________________________

2 Things I learned this week that I didn’t know before....

1. ____________________________________________
   ____________________________________________

2. ____________________________________________
   ____________________________________________

How could I have made my week even better?

   ____________________________________________
   ____________________________________________
   ____________________________________________
   ____________________________________________

Reminder Reminders

   ____________________________________________
   ____________________________________________
   ____________________________________________
   ____________________________________________

Moments of Mindfulness

   ____________________________________________
   ____________________________________________
   ____________________________________________
Reflection: Reflect on your own experiences using standardized communication tools such as SBAR. What factors influence your decision to utilize these tools? How has the use of the tool impacted your practice?

What situations can I identify when I have used these tools AND what was the impact?

What situations can I identify when I haven’t used these tools AND what was the impact?

What conclusions can I draw from my experience that I want to remember in the future?
No matter what job you have in life, your success will be determined 5% by your academic credentials, 15% by your professional experience, and 80% by your communication skills. - Unknown

Learning Activity: Practice makes perfect. Use of standardized communication tools doesn’t always come natural. Sometimes you have to force yourself to use it until it becomes a part of your practice. Make a conscious effort to use a tool such as SBAR at least twice this week.

Start of the Week

I am grateful for....
1. ____________________________________________  ____________________________________________
2. ____________________________________________  ____________________________________________

My goals for my learning this week are....
1. ____________________________________________  ____________________________________________
2. ____________________________________________  ____________________________________________

What would make this week great?
1. ____________________________________________  ____________________________________________
2. ____________________________________________  ____________________________________________

Weekly affirmation: I am ...
____________________________________________________________________________________
____________________________________________________________________________________

End of the Week

3 Amazing things that happened this week....
1. ____________________________________________  ____________________________________________
2. ____________________________________________  ____________________________________________
3. ____________________________________________  ____________________________________________

2 Things I learned this week that I didn’t know before....
1. ____________________________________________  ____________________________________________
2. ____________________________________________  ____________________________________________

How could I have made my week even better?
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

Remarkable Reminders
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

Moments of Mindfulness
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

Copyright 2019 by THE UNIVERSITY OF IOWA, Iowa Online Nurse Residency Program. All rights reserved
Reflection: Reflect on your experience calling different patient care providers such as physicians, surgeons, etc. How did they go?

In my experiences that were positive, what actions did I take that contributed to the outcome?

In my experiences that weren’t so positive, what actions did I take or not take that contributed to the outcome?

What do I want to make sure I do differently in the future to improve my practice?
Learning Activity: Identify tools your unit uses to ensure proper hand-off between shifts and when transferring patients. Make a conscious effort to use these tools at least twice this week.

Start of the Week

I am grateful for....
1. ____________________________________________
   ______________________________________________
2. ____________________________________________
   ______________________________________________

My goals for my learning this week are....
1. ____________________________________________
   ______________________________________________
2. ____________________________________________
   ______________________________________________

What would make this week great?
1. ____________________________________________
   ______________________________________________
2. ____________________________________________
   ______________________________________________

Weekly affirmation: I am ...
   ______________________________________________
   ______________________________________________

End of the Week

3 Amazing things that happened this week....
1. ____________________________________________
   ______________________________________________
2. ____________________________________________
   ______________________________________________
3. ____________________________________________
   ______________________________________________

2 Things I learned this week that I didn’t know before....
1. ____________________________________________
   ______________________________________________
2. ____________________________________________
   ______________________________________________

How could I have made my week even better?
   ______________________________________________
   ______________________________________________
   ______________________________________________
   ______________________________________________

Remarkable Reminders
   ______________________________________________
   ______________________________________________
   ______________________________________________
   ______________________________________________

Moments of Mindfulness
   ______________________________________________
   ______________________________________________
   ______________________________________________
   ______________________________________________

Cultivation Corner
Safety concerns I identified:
Reflection: Reflect on your communication during shift-to-shift report over the past few weeks. How did it go?

In my experiences that were positive, what actions did I take that contributed to the outcome?

In my experiences that weren’t so positive, what actions did I take or not take that contributed to the outcome?

What do I want to make sure I do differently in the future to improve my practice?
Skill in the art of communication is crucial to a leader’s success. 
He can accomplish nothing unless he can communicate effectively. – Norman Allen

Learning Activity: As a newer nurse you may not always be sure of your thinking or findings. Prior to initiating communication you may want to review the situation with others. Identify what resources are available to you on your unit (i.e. RRT, charge nurse, etc.)

Start of the Week

I am grateful for....

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

My goals for my learning this week are....

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

What would make this week great?

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

Weekly affirmation: I am ...

   ______________________________________________

   ______________________________________________

End of the Week

3 Amazing things that happened this week....

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

3. ____________________________________________
   ______________________________________________

2 Things I learned this week that I didn’t know before....

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

How could I have made my week even better?

   ______________________________________________

   ______________________________________________

   ______________________________________________

   ______________________________________________

Remarkable Reminders

   ______________________________________________

   ______________________________________________

   ______________________________________________

   ______________________________________________

Moments of Mindfulness

   ______________________________________________

   ______________________________________________

   ______________________________________________

   ______________________________________________

Cultivation Corner

Unit practices and processes I think could be improved:

   ______________________________________________

   ______________________________________________

   ______________________________________________

   ______________________________________________

Remarkable Reminders

   ______________________________________________

   ______________________________________________

   ______________________________________________

   ______________________________________________

Moments of Mindfulness

   ______________________________________________

   ______________________________________________

   ______________________________________________

   ______________________________________________

Copyright 2019 by THE UNIVERSITY OF IOWA, Iowa Online Nurse Residency Program.  All rights reserved
Reflection: Reflect on the characteristics of the different generations you work with. Identify co-workers of two generations that are different from your own. What do your communication skills look like with each?

What do I do well?

Where could I do better?

What do I want to do differently in the future when it comes to communicating with different generations?
### Monthly Goal – Following your discussion group, identify your goal and action steps for the coming month:

When it comes to the topics discussed this month, I want to work on improving ...

<table>
<thead>
<tr>
<th>Reflection on progress...</th>
</tr>
</thead>
</table>

2 actions steps I can take to reach my goal...

1. __________________________
2. __________________________

### Mentor Check-In:

**Amazing things I hear and see you doing...**

| ____________________________________________________________ |
| ____________________________________________________________ |
| ____________________________________________________________ |

**Areas for potential growth or continued improvement...**

| ____________________________________________________________ |
| ____________________________________________________________ |
| ____________________________________________________________ |

**Goals and action steps to focus on for your next month...**

| ____________________________________________________________ |
| ____________________________________________________________ |
| ____________________________________________________________ |

**Unit and facility resources available to explore...**

| ____________________________________________________________ |
| ____________________________________________________________ |
| ____________________________________________________________ |
Learning Activity: Map out your shift in 1-hour blocks of time. Plan what you will do for each block of time. At the end of your shift evaluate each block of time and determine if it was good use of your time and/or what you can do differently to make better use of your time.

Start of the Week

I am grateful for....

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

My goals for my learning this week are....

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

What would make this week great?

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

Weekly affirmation: I am ...

_____________________________________________
   ______________________________________________

End of the Week

3 Amazing things that happened this week....

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

2 Things I learned this week that I didn’t know before....

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

How could I have made my week even better?

_____________________________________________
   ______________________________________________
   ______________________________________________
   ______________________________________________
   ______________________________________________

Remarkable Reminders

_____________________________________________
   ______________________________________________
   ______________________________________________
   ______________________________________________
   ______________________________________________

Moments of Mindfulness

_____________________________________________
   ______________________________________________
   ______________________________________________
   ______________________________________________
   ______________________________________________

Cultivation Corner

Frustrations I experienced this week:

_____________________________________________
   ______________________________________________
   ______________________________________________
   ______________________________________________
   ______________________________________________
**Reflection:** Reflect on a day when your time was managed well and a day when it wasn’t. What is one thing you can commit to doing every day that will help you use your time more effectively?

On the days where I feel my time was managed well, what actions did I take or not take that contribute to this outcome?

On the days where I feel my time wasn’t managed too well, what actions did I take or not take that contribute to this outcome?

What do I want to make sure I do differently in the future to improve my practice and use my time more effectively?
There are far too many people that waste their time telling themselves that they don’t have enough time. – Daniel Willey

Learning Activity: Identify 3 habits that waste time during your busy shifts.

Start of the Week
I am grateful for....
1. ____________________________________________
   ____________________________________________

2. ____________________________________________
   ____________________________________________

My goals for my learning this week are....
1. ____________________________________________
   ____________________________________________

2. ____________________________________________
   ____________________________________________

What would make this week great?
1. ____________________________________________
   ____________________________________________

2. ____________________________________________
   ____________________________________________

Weekly affirmation: I am ...
_____________________________________________
_____________________________________________

End of the Week
3 Amazing things that happened this week....
1. ____________________________________________
   ____________________________________________

2. ____________________________________________
   ____________________________________________

2 Things I learned this week that I didn’t know before....
1. ____________________________________________
   ____________________________________________

2. ____________________________________________
   ____________________________________________

How could I have made my week even better?
_____________________________________________
_____________________________________________
_____________________________________________
_____________________________________________

Cultivation Corner
Practices I questioned this week:

Remarkable Reminders
_____________________________________________
_____________________________________________
_____________________________________________
_____________________________________________

Moments of Mindfulness
_____________________________________________
What were the time wasters identified?

We come up against things every day that waste our time and in many cases, we can’t always control what happens. Based on the time-wasters identified, on a scale of 1 to 5, how much control do I have over these time wasters? Provide rationale.

What actions steps can I take in the future to avoid these time-wasters? What impact do I think this could have on my practice?

Reflection: Reflect on time-wasters identified during this week’s learning activity. What can you do differently to avoid these time wasters and make better use of your time?
Week of: _____________________________________________

The key is to not prioritize what is on your schedule but schedule your priorities. -Steven Covey

---

**Learning Activity:** At the beginning of your shift, make a list of all your specific tasks/activities. Prioritize your list based on either the 5F’s or Christine Cure’s methods. When the shift is over, evaluate if you prioritized appropriately.

---

**Start of the Week**

1. ____________________________________________
   ________________________________

2. ____________________________________________
   ________________________________

**I am grateful for....**

1. ____________________________________________
   ________________________________

2. ____________________________________________
   ________________________________

**My goals for my learning this week are....**

1. ____________________________________________
   ________________________________

2. ____________________________________________
   ________________________________

**What would make this week great?**

1. ____________________________________________
   ________________________________

2. ____________________________________________
   ________________________________

**Weekly affirmation: I am ...**

   ____________________________________________
   ________________________________

---

**End of the Week**

1. ____________________________________________
   ________________________________

2. ____________________________________________
   ________________________________

**3 Amazing things that happened this week....**

1. ____________________________________________
   ________________________________

2. ____________________________________________
   ________________________________

**2 Things I learned this week that I didn’t know before....**

1. ____________________________________________
   ________________________________

2. ____________________________________________
   ________________________________

**How could I have made my week even better?**

   ____________________________________________
   ________________________________

   ____________________________________________
   ________________________________

   ____________________________________________
   ________________________________

**Remarkable Reminders**

   ____________________________________________
   ________________________________

   ____________________________________________
   ________________________________

   ____________________________________________
   ________________________________

---

**Cultivation Corner**

**Safety concerns I identified:**

---

Moments of Mindfulness

---

Copyright 2019 by THE UNIVERSITY OF IOWA, Iowa Online Nurse Residency Program. All rights reserved
Reflection: Reflect on a day when you had interruptions. How did you handle them? Did you re-prioritize?

What did I do that went well?

What did I do that didn’t go so well?

What do I want to make sure I do differently in the future to improve my practice?
**Start of the Week**

I am grateful for....

1. ____________________________________________  
   ______________________________________________

2. ____________________________________________  
   ______________________________________________

My goals for my learning this week are....

1. ____________________________________________  
   ______________________________________________

2. ____________________________________________  
   ______________________________________________

What would make this week great?

1. ____________________________________________  
   ______________________________________________

2. ____________________________________________  
   ______________________________________________

Weekly affirmation: I am ...

   ______________________________________________
   ______________________________________________

---

**Learning Activity:** Explore best practices your unit has implemented to help with time management.

---

**End of the Week**

3 Amazing things that happened this week....

1. ____________________________________________  
   ______________________________________________

2. ____________________________________________  
   ______________________________________________

3. ____________________________________________  
   ______________________________________________

2 Things I learned this week that I didn’t know before....

1. ____________________________________________  
   ______________________________________________

2. ____________________________________________  
   ______________________________________________

How could I have made my week even better?

   ______________________________________________
   ______________________________________________
   ______________________________________________
   ______________________________________________
   __________________________________________

---

**Remarkable Reminders**

---

**Moments of Mindfulness**

---

**Cultivation Corner**

*Unit practices and processes I think could be improved:*

---
Reflection: Reflect on assignments you have had with complex patients and your ability to stay focused on the big picture to ensure positive outcomes.

What actions did you take that allowed you to stay focused on the outcomes of your patient?

How did you keep yourself from getting overwhelmed by the tasks that needed to be completed?

What do you want to make sure you do in the future to help yourself always stay focused on the big picture?
When it comes to the topics discussed this month, I want to work on improving...

_____________________________________________
_____________________________________________

2 actions steps I can take to reach my goal...
1.____________________________________________
2.____________________________________________

Reflection on progress....

Monthly Goal – Following your discussion group, identify your goal and action steps for the coming month:

Mentor Check-In:

Amazing things I hear and see you doing...
_____________________________________________
_____________________________________________
_____________________________________________

Areas for potential growth or continued improvement...
_____________________________________________
_____________________________________________
_____________________________________________

Goals and action steps to focus on for your next month...
_____________________________________________
_____________________________________________
_____________________________________________

Unit and facility resources available to explore...
_____________________________________________
_____________________________________________
_____________________________________________


**Learning Activity:** Identify a co-worker who you feel manages conflict well. Visit with them about their practices that enable them to handle conflict without all the drama.

**Start of the Week**

I am grateful for....

1. ____________________________________________

2. ____________________________________________

My goals for my learning this week are....

1. ____________________________________________

2. ____________________________________________

What would make this week great?

1. ____________________________________________

2. ____________________________________________

Weekly affirmation: I am ...

_____________________________________________

_____________________________________________

**End of the Week**

3 Amazing things that happened this week....

1. ____________________________________________

2. ____________________________________________

My goals for my learning this week are....

1. ____________________________________________

2. ____________________________________________

What would make this week great?

1. ____________________________________________

2. ____________________________________________

Weekly affirmation: I am ...

_____________________________________________

_____________________________________________

2 Things I learned this week that I didn’t know before....

1. ____________________________________________

2. ____________________________________________

How could I have made my week even better?

_____________________________________________

_____________________________________________

_____________________________________________

Remarkable Reminders

_____________________________________________

_____________________________________________

_____________________________________________

Moments of Mindfulness

_____________________________________________

_____________________________________________

_____________________________________________

---

*Peace is not the absence of conflict, it is the ability to handle conflict by peaceful means. – Ronald Regan*
Reflection: Reflect on past conflicts you have encountered either at home or at work.

In my experiences that were positive, what actions did I take that contributed to the outcome?

In my experiences that weren’t so positive, what actions did I take or not take that contributed to the outcome?

What do I want to make sure I do differently in the future to improve my practice?
Learning Activity: Practice conflict management techniques presented in the module on friends, family, or co-workers.

Start of the Week
I am grateful for....
1. ____________________________________________
   ______________________________________________
2. ____________________________________________
   ______________________________________________

My goals for my learning this week are....
1. ____________________________________________
   ______________________________________________
2. ____________________________________________
   ______________________________________________

What would make this week great?
1. ____________________________________________
   ______________________________________________
2. ____________________________________________
   ______________________________________________

Weekly affirmation: I am ...
__________________________________________________________________________________
__________________________________________________________________________________

End of the Week
3 Amazing things that happened this week....
1. ____________________________________________
   ______________________________________________
2. ____________________________________________
   ______________________________________________
3. ____________________________________________
   ______________________________________________

2 Things I learned this week that I didn’t know before....
1. ____________________________________________
   ______________________________________________
2. ____________________________________________
   ______________________________________________

How could I have made my week even better?
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

Remarkable Reminders
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

Moments of Mindfulness
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

Cultivation Corner
Practices I questioned this week:
Reflection: Reflect on the way the team on the unit deals with conflict and your role in those team dynamics.

In experiences that were positive, what actions did I take that contributed to the outcome?

In experiences that weren’t so positive, what actions did I take or not take that contributed to the outcome?

What do I want to make sure I do differently in the future?
Learning Activity: Make a list of the activities you delegate regularly and those that you could delegate but often find you don’t.

Start of the Week

I am grateful for....
1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

My goals for my learning this week are....
1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

What would make this week great?
1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

Weekly affirmation: I am ...
   ______________________________________________
   ______________________________________________

End of the Week

3 Amazing things that happened this week....
1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

3. ____________________________________________
   ______________________________________________

2 Things I learned this week that I didn’t know before....
1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

How could I have made my week even better?
   ______________________________________________
   ______________________________________________
   ______________________________________________
   ______________________________________________
   ______________________________________________

Remarkable Reminders
   ______________________________________________
   ______________________________________________
   ______________________________________________
   ______________________________________________
   ______________________________________________

Moments of Mindfulness
   ______________________________________________
   ______________________________________________
   ______________________________________________
   ______________________________________________

Cultivation Corner

Safety concerns I identified:
Reflection: Reflect on your findings from this week’s learning activity.

For the tasks that I delegate often, are there any that I shouldn’t be delegating?

For those that I don’t delegate, what keeps me from doing so?

What actions can I take in the future to use delegation to manage my time more effectively?
Week of: _______________________________________

You can do anything, but not everything. – David Allen

Learning Activity: Research your state Nursing Practice Act and learn about rules and regulations surrounding delegation in your state.

Start of the Week

I am grateful for....
1. ____________________________________________
   ______________________________________________
2. ____________________________________________
   ______________________________________________

My goals for my learning this week are....
1. ____________________________________________
   ______________________________________________
2. ____________________________________________
   ______________________________________________

What would make this week great?
1. ____________________________________________
   ______________________________________________
2. ____________________________________________
   ______________________________________________

Weekly affirmation: I am ...
_____________________________________________
_____________________________________________

End of the Week

3 Amazing things that happened this week....
1. ____________________________________________
   ______________________________________________
2. ____________________________________________
   ______________________________________________
3. ____________________________________________
   ______________________________________________

2 Things I learned this week that I didn’t know before....
1. ____________________________________________
   ______________________________________________
2. ____________________________________________
   ______________________________________________

How could I have made my week even better?
_____________________________________________
_____________________________________________
_____________________________________________
_____________________________________________

Remarkable Reminders
_____________________________________________
_____________________________________________
_____________________________________________
_____________________________________________

Moments of Mindfulness
_____________________________________________
_____________________________________________
_____________________________________________

Cultivation Corner

Unit practices and processes I think could be improved:
_____________________________________________
_____________________________________________

Copyright 2019 by THE UNIVERSITY OF IOWA, Iowa Online Nurse Residency Program. All rights reserved
Reflection: Reflect on time when you used delegation to manage your time and it went well and a time when you used delegation and it didn't go so well.

What did I do well?

Where could I do better?

What do I want to do differently in the future to ensure positive outcomes?
**Monthly Goal** – Following your discussion group, identify your goal and action steps for the coming month:

When it comes to the topics discussed this month, I want to work on improving ...

________________________________________________________________________________________
________________________________________________________________________________________

2 actions steps I can take to reach my goal...

1. ____________________________________________
2. ____________________________________________

**Reflection on progress....**

---

**Mentor Check-In:**

Amazing things I hear and see you doing...

________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________

Areas for potential growth or continued improvement...

________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________

Goals and action steps to focus on for your next month...

________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________

Unit and facility resources available to explore...

________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
After saving lives, the most important service of healthcare professionals is patient education. – Fran London

**Learning Activity:** Identify a common concept you are required to teach patients on your unit that you are a little uncomfortable with. Practice teaching your family member about this concept using the strategies identified in the module.

**Start of the Week**

I am grateful for....

1. ____________________________________________  
   ______________________________________________

2. ____________________________________________  
   ______________________________________________

My goals for my learning this week are....

1. ____________________________________________  
   ______________________________________________

2. ____________________________________________  
   ______________________________________________

What would make this week great?

1. ____________________________________________  
   ______________________________________________

2. ____________________________________________  
   ______________________________________________

Weekly affirmation: I am ...

   ______________________________________________
   ______________________________________________

**End of the Week**

3 Amazing things that happened this week....

1. ____________________________________________  
   ______________________________________________

2. ____________________________________________  
   ______________________________________________

2 Things I learned this week that I didn’t know before....

1. ____________________________________________  
   ______________________________________________

2. ____________________________________________  
   ______________________________________________

How could I have made my week even better?

__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________

**Remarkable Reminders**

__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________

**Moments of Mindfulness**

__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________
__________________________________________________________________________________________

Copyright 2019 by THE UNIVERSITY OF IOWA, Iowa Online Nurse Residency Program. All rights reserved
Reflection: Reflect on this week’s learning activity.

What did I do well?

Where did I struggle?

What conclusions can I draw from my experience that I want to remember in the future?
Facts don’t change behaviors. Conversations do. – Fran London

**Learning Activity:** Practice using Teach Back with a patient or peer. Ask a peer for feedback.

---

**Start of the Week**

I am grateful for....

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

My goals for my learning this week are....

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

What would make this week great?

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

Weekly affirmation: I am ...

   ______________________________________________
   ______________________________________________

---

**End of the Week**

3 Amazing things that happened this week....

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

3. ____________________________________________
   ______________________________________________

2 Things I learned this week that I didn’t know before....

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

How could I have made my week even better?

   ______________________________________________
   ______________________________________________
   ______________________________________________
   ______________________________________________

Remarkable Reminders

   ______________________________________________
   ______________________________________________
   ______________________________________________
   ______________________________________________

Moments of Mindfulness

   ______________________________________________
   ______________________________________________
   ______________________________________________

---

Cultivation Corner

*Practices I questioned this week:*
Reflection: Reflect on time when you educated patients and it went well and time when maybe didn’t go so well.

In experiences that were positive, what actions did I take that contributed to the outcome?

In experiences that weren’t so positive, what actions did I take or not take that contributed to the outcome?

What do I want to make sure I do differently in the future to improve my practice?
The most important thing in communication is hearing what isn’t said. – Peter Drucker

**Learning Activity:** Research what resources are available on your unit to assist with communication barriers.

---

**Start of the Week**

I am grateful for....

1. ____________________________________________
   ____________________________________________

2. ____________________________________________
   ____________________________________________

My goals for my learning this week are....

1. ____________________________________________
   ____________________________________________

2. ____________________________________________
   ____________________________________________

What would make this week great?

1. ____________________________________________
   ____________________________________________

2. ____________________________________________
   ____________________________________________

Weekly affirmation: I am ...

   ____________________________________________
   ____________________________________________

---

**Cultivation Corner**

*Safety concerns I identified:*

---

**End of the Week**

3 Amazing things that happened this week....

1. ____________________________________________
   ____________________________________________

2. ____________________________________________
   ____________________________________________

3. ____________________________________________
   ____________________________________________

2 Things I learned this week that I didn’t know before....

1. ____________________________________________
   ____________________________________________

2. ____________________________________________
   ____________________________________________

How could I have made my week even better?

   ____________________________________________
   ____________________________________________
   ____________________________________________
   ____________________________________________
   ____________________________________________

**Remarkable Reminders**

   ____________________________________________
   ____________________________________________
   ____________________________________________
   ____________________________________________
   ____________________________________________

**Moments of Mindfulness**

   ____________________________________________
   ____________________________________________
**Reflection:** Reflect on time you had to care for a patient with a communication barrier. This could be a patient the spoke a different language, had impaired hearing, vision or cognition, etc.

What did I do well?

Where did I struggle?

What conclusions can I draw from my experience that I want to remember and do differently in the future?
Learning Activity: Identifying common patient populations cared for on your unit. This could be different religions, races, ethnicities, or ways of life. Spend some time learning about the population and how that patient population’s diversity might influence healthcare.

Start of the Week

I am grateful for…

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

My goals for my learning this week are…

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

What would make this week great?

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

Weekly affirmation: I am …

__________________________________________________________________________________________

__________________________________________________________________________________________

End of the Week

3 Amazing things that happened this week....

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

3. ____________________________________________
   ______________________________________________

2 Things I learned this week that I didn’t know before….

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

How could I have made my week even better?

_____________________________________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________

Remarkable Reminders

_____________________________________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________

Moments of Mindfulness

_____________________________________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________


Cultivation Corner

Unit practices and processes I think could be improved:

_____________________________________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________

Remarkable Reminders

_____________________________________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________

Moments of Mindfulness

_____________________________________________________________________________________

_____________________________________________________________________________________

_____________________________________________________________________________________

It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences. – Audre Lorde
Reflection: Reflect on time when you cared for patient that was different from yourself. This patient could be from a different culture, race, generation, socio-economic class, sexual orientation, etc. Reflect on challenges faced with understanding their beliefs and attitudes about health, illness, and medical treatment. How were you able to provide patient-centered care?

What did I do well?

Where could I do better?

What conclusions can I draw from my experience that I want to remember and do differently in the future?
Monthly Goal – Following your discussion group, identify your goal and action steps for the coming month:

When it comes to the topics discussed this month, I want to work on improving...

___________________________________________

___________________________________________

2 actions steps I can take to reach my goal...

1. __________________________________________

2. __________________________________________

Reflection on progress....

Mentor Check-In:

Amazing things I hear and see you doing...

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

Areas for potential growth or continued improvement...

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

Goals and action steps to focus on for your next month...

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

Unit and facility resources available to explore...

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________
Learning Activity: Identify 3 safety concerns, clinical issues, or problems on your unit.

Start of the Week

I am grateful for....
1. ____________________________ ____________________________
2. ____________________________ ____________________________

My goals for my learning this week are....
1. ____________________________ ____________________________
2. ____________________________ ____________________________

What would make this week great?
1. ____________________________ ____________________________
2. ____________________________ ____________________________

Weekly affirmation: I am ...
__________________________________________________________________
__________________________________________________________________

End of the Week

3 Amazing things that happened this week....
1. ____________________________ ____________________________
2. ____________________________ ____________________________
3. ____________________________ ____________________________

2 Things I learned this week that I didn’t know before....
1. ____________________________ ____________________________
2. ____________________________ ____________________________

How could I have made my week even better?
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

Cultivation Corner

Frustrations I experienced this week:

Remarkable Reminders

Moments of Mindfulness
**Reflection:** Reflect on this week’s learning activity. For each concern, issue, or problem, consider your role.

What actions do you already take that have a positive impact on this issue?

What actions do you take that contribute to the problem?

What actions could you start taking to make your unit safer?
The near miss that is reported today is the accident that doesn’t happen tomorrow. -Unknown

**Learning Activity:** Identify common errors or near misses that happen on your unit.

---

**Start of the Week**

I am grateful for....

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

My goals for my learning this week are....

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

What would make this week great?

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

Weekly affirmation: I am ...

   ______________________________________________

   ______________________________________________

---

**End of the Week**

3 Amazing things that happened this week....

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

3. ____________________________________________
   ______________________________________________

2 Things I learned this week that I didn’t know before....

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

How could I have made my week even better?

   ______________________________________________

   ______________________________________________

   ______________________________________________

   ______________________________________________

   ______________________________________________

---

**Cultivation Corner**

*Practices I questioned this week:*

---

**Remarkable Reminders**

---

**Moments of Mindfulness**

---
Reflection: Reflect on your practice. Have you had any near misses or errors lately?

What actions do you take that protect you from making an error?

What actions do you take that put you at risk for making an error?

What can you start doing daily to improve your practice and provide safe care to your patients?
### Learning Activity

Find your facilities score on the CMS website. Compare your facility to other facilities both similar and different in size. What are 3 areas your facility could improve? Go to: [https://www.medicare.gov/forms-help-resources/find-compare-doctors-hospitals-other-providers](https://www.medicare.gov/forms-help-resources/find-compare-doctors-hospitals-other-providers)

### Start of the Week

I am grateful for....

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

My goals for my learning this week are....

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

What would make this week great?

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

Weekly affirmation: I am ...

   ______________________________________________
   ______________________________________________

### End of the Week

3 Amazing things that happened this week....

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

3. ____________________________________________
   ______________________________________________

2 Things I learned this week that I didn’t know before....

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

How could I have made my week even better?

   ______________________________________________
   ______________________________________________
   ______________________________________________
   ______________________________________________

Remarkable Reminders

   ______________________________________________
   ______________________________________________
   ______________________________________________
   ______________________________________________

Moments of Mindfulness

   ______________________________________________
   ______________________________________________
   ______________________________________________
   ______________________________________________

### Cultivation Corner

**Safety concerns I identified:**

<table>
<thead>
<tr>
<th>Concern 1</th>
<th>Concern 2</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

Copyright 2019 by THE UNIVERSITY OF IOWA, Iowa Online Nurse Residency Program. All rights reserved
Reflection: Reflect on this week’s learning activity. For each area consider your role.

What actions do you already take that have a positive impact on the areas identified?

What actions do you take that contribute to the lower scores?

What actions can you start taking to improve the quality of care provided on your unit?
Insanity is doing the same thing over and over again and expecting different results. – Albert Einstein

Learning Activity: Identify the model(s) used for quality improvement efforts on your unit.

Start of the Week

I am grateful for....

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

My goals for my learning this week are....

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

What would make this week great?

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

End of the Week

3 Amazing things that happened this week....

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

2 Things I learned this week that I didn’t know before....

1. ____________________________________________
   ______________________________________________

2. ____________________________________________
   ______________________________________________

How could I have made my week even better?

_____________________________________________
   ______________________________________________

   ______________________________________________

   ______________________________________________

   ______________________________________________

   ______________________________________________

Remarkable Reminders

_____________________________________________
   ______________________________________________

   ______________________________________________

   ______________________________________________

   ______________________________________________

   ______________________________________________

   ______________________________________________

Moments of Mindfulness

_____________________________________________
   ______________________________________________

   ______________________________________________

   ______________________________________________

   ______________________________________________

   ______________________________________________

   ______________________________________________

Cultivation Corner

Unit practices and processes I think could be improved:

_____________________________________________
   ______________________________________________

   ______________________________________________

   ______________________________________________

   ______________________________________________

   ______________________________________________

   ______________________________________________

   ______________________________________________

   ______________________________________________

   ______________________________________________

   ______________________________________________

   ______________________________________________

   ______________________________________________

Copyright 2019 by THE UNIVERSITY OF IOWA, Iowa Online Nurse Residency Program. All rights reserved
Reflection: Reflect on the quality initiative on your unit aimed at improving that may have missed the mark and did not result in the desired outcome.

What areas of the initiative were successful?

What areas of the initiative were unsuccessful?

What could have been done differently to change the outcome?
When it comes to the topics discussed this month, I want to work on improving ...

Reflection on progress....

2 actions steps I can take to reach my goal...

1.____________________________________________
2.____________________________________________

Mentor Check-In:

Amazing things I hear and see you doing...

Areas for potential growth or continued improvement...

Goals and action steps to focus on for your next month...

Unit and facility resources available to explore...