**Skills and knowledge reflection worksheet**

Refer to the skills and knowledge descriptions found in the Inpatient Diabetes management self- reflection framework and use this worksheet to assess yourself. You may re-visit the worksheet and update level of development.

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| **Skill/knowledge:** |  | | | | |
| **Level** | **Exemplary** | **Accomplished** | **Developing** | **Beginning** | **No experience related to this** |
| Your rating: |  |  |  |  |  |
| Date: |  |  |  |  |  |
| **Answer the following questions related to your skills and knowledge development:** | | | | | |
| Where and how have your experiences demonstrated this skill/knowledge? | | | | | |
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| Why have you chosen your rating? | | | | | |
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| What are your skills/knowledge gaps? | | | | | |
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| How will you address these gaps in future? | | | | | |
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