Reflection Toolkit
Language points when analysing, interpreting and evaluating

For me, the [most] meaningful significant important relevant useful aspect(s) element(s) experience(s) issue(s) idea(s) was (were)...

aspect(s) element(s) experience(s) issue(s) idea(s) learning arose from... happened when... resulted from...

Previously,
At the time,
At first,
Initially,
Subsequently,
Later,

I thought (did not think)...
felt (did not feel)...
knew (did not know)...
noticed (did not notice)...
questioned (did not question)...
realised (did not realise)...

[Alternatively,]
[Equally,]
This might be is perhaps could be is probably because of... due to... explained by... related to...

This is similar to... is unlike... because...

[Un]Like... this reveals... demonstrates...

Reference: University of Portsmouth, Reflective Writing: a basic introduction.