<table>
<thead>
<tr>
<th>Having</th>
<th>I now</th>
<th>Language points when concluding and planning</th>
</tr>
</thead>
<tbody>
<tr>
<td>read...</td>
<td>feel...</td>
<td>read... experienced...</td>
</tr>
<tr>
<td>experienced...</td>
<td>think...</td>
<td>experienced... applied...</td>
</tr>
<tr>
<td>applied...</td>
<td>realise...</td>
<td>applied... discussed...</td>
</tr>
<tr>
<td>discussed...</td>
<td>wonder...</td>
<td>discussed... analysed...</td>
</tr>
<tr>
<td>analysed...</td>
<td>question...</td>
<td>analysed... learned...</td>
</tr>
<tr>
<td>learned...</td>
<td>know...</td>
<td>learned...</td>
</tr>
</tbody>
</table>

[Additionally,] [Furthermore,] [Most importantly,] I have learned that..

I have

- significantly
- slightly

{ developed
  { improved

my skills in...
my understanding of...
my knowledge of...
my ability to...

However, I have not [sufficiently]

This means that...
This makes me feel...

This knowledge
This understanding
This skill

{ is
  { could be
    { essential
      { to me as a learner [because...]
        { important
          { to me as a practitioner [because...]
            { useful

Because I

- did not...
- have not yet...
- am not yet certain about...
- am not yet confident about...
- do not yet know...
- do not yet understand...

I will now need to...

As a next step, I need to...

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