

WRAP IT UP

FOR YOUR CONSIDERATION: The after-action review (AAR) is a best practice in the Army for many reasons. AARs allow units and leaders to correct deficiencies, sustain strengths, and focus on process improvements. AARs require critical analysis and synthesis of insights and lessons learned.

Similarly, the process of self-reflection helps leaders correct their deficiencies, sustain strengths, and focus on process improvement to the leadership they provide others. Reflection is a key component of self-development.

INSTRUCTIONS: After exploring several exercises in this guide, what insights have you gained or reaffirmed about yourself? While a number of thoughts may come to mind, try to identify which have implications for your embodiment of the Army Values and modeling ethical leadership. Using the table below, work from left to right. First, establish a title or headline that captures the essence of your insight (left column). Second, detail its implications for your character and ethical leadership (right column). For instance, an implication may be how you need to change or sustain a personal behavior, thought pattern, organizational norm, or policy.

<i>Insight</i>	<i>Implication(s)</i>