SIP Reflection Grid

A reflective tool for exploring Acceptance, Aspiration, and Action across People, Knowledge, and Environment.

SIP for Life™ | ASPIRE-ACT-ACCEPT™

	People	**Knowledge**	**Environment**
Acceptance	• What dynamics exist among the people involved? • What assumptions might I be making about others? • What perspectives might I be overlooking?	• What do I know about this situation? • What is uncertain or incomplete? • What information might change my understanding?	• What contextual factors are shaping this situation? • What constraints or opportunities exist? • What broader system influences this issue?
Aspiration	• What kind of relationships or collaboration would be ideal here? • How would I like people to experience my leadership? • What positive outcome could emerge for the people involved?	• What understanding would I like to develop? • What new perspective might help? • What insight would clarify the situation?	• What change or impact would I like to see in this environment? • What possibilities might emerge? • What future state would represent meaningful progress?
Action	• What conversation might move this forward? • What support or challenge is needed for the people involved? • What behaviour would strengthen trust here?	• What learning or inquiry should I pursue next? • What assumptions should I test? • What information needs to be gathered?	• What small action could shift the situation? • What structural or systemic change may help? • What step could create momentum?

Reflection on Self

- What did I notice about my own reactions while exploring this grid?
- What assumptions or patterns became visible?
- What insight feels most important now?