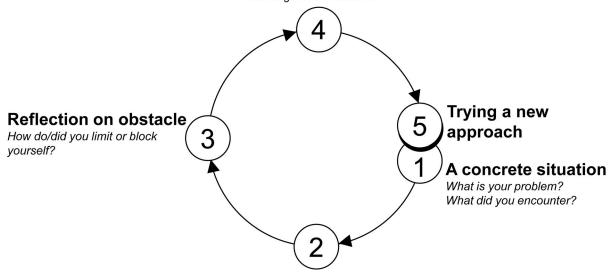


## When using the figure, reference to its source is needed:

Korthagen, F. & Nuijten, E. (2022). *The power of reflection in teacher education and professional development: Strategies for in-depth teacher learning.* New York: Routledge.

## Using the core potential

How can you enact your core potential and let go of the obstacle?



## a. Reflection on ideal

What do/did you want, what is your desire?

## b. Reflection on a core quality or qualities

What core qualities are you aware of?

Figure 5.3: The model for core reflection