THE OUTWARD BOUND TRUST

MY OUTWARD BOUND JOURNEY

Use this sheet to reflect on your Outward Bound experience...
think about the challenges you have ahead, the adventures you undertook while on your course and how you and your team approached them, **what did you learn and how you can use this now you are back at home to overcome these challenges?**

What challenges are coming up for you?

How did I overcome similar challenges on my course?

How can I apply these approaches to my upcoming challenges?