Outward Bound Transfer Resources

THE OUTWARD BOUND TRUST

MY OUTWARD BOUND JOURNEY
TAKING IT FORWARD

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 did we do on our Outward Bound course?

How can I practice this now I am home?

What will it look like when I have done it?