

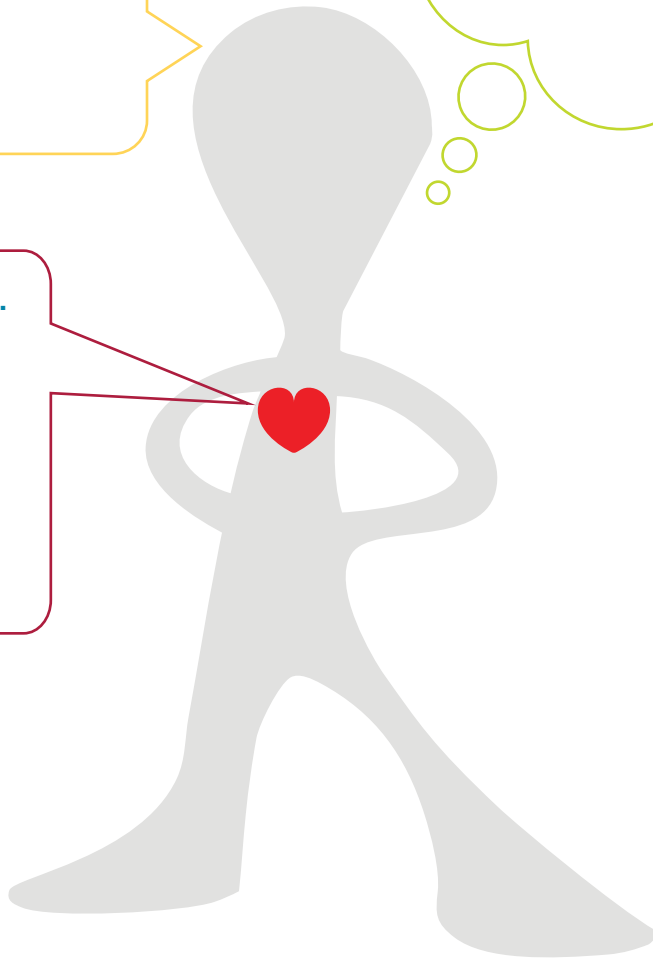


<b>NAME</b>	
<b>DATE</b>	
<b>CHALLENGE</b>	

Something I would like to say...

Something I learned...

Something I loved...



Something I will throw away...

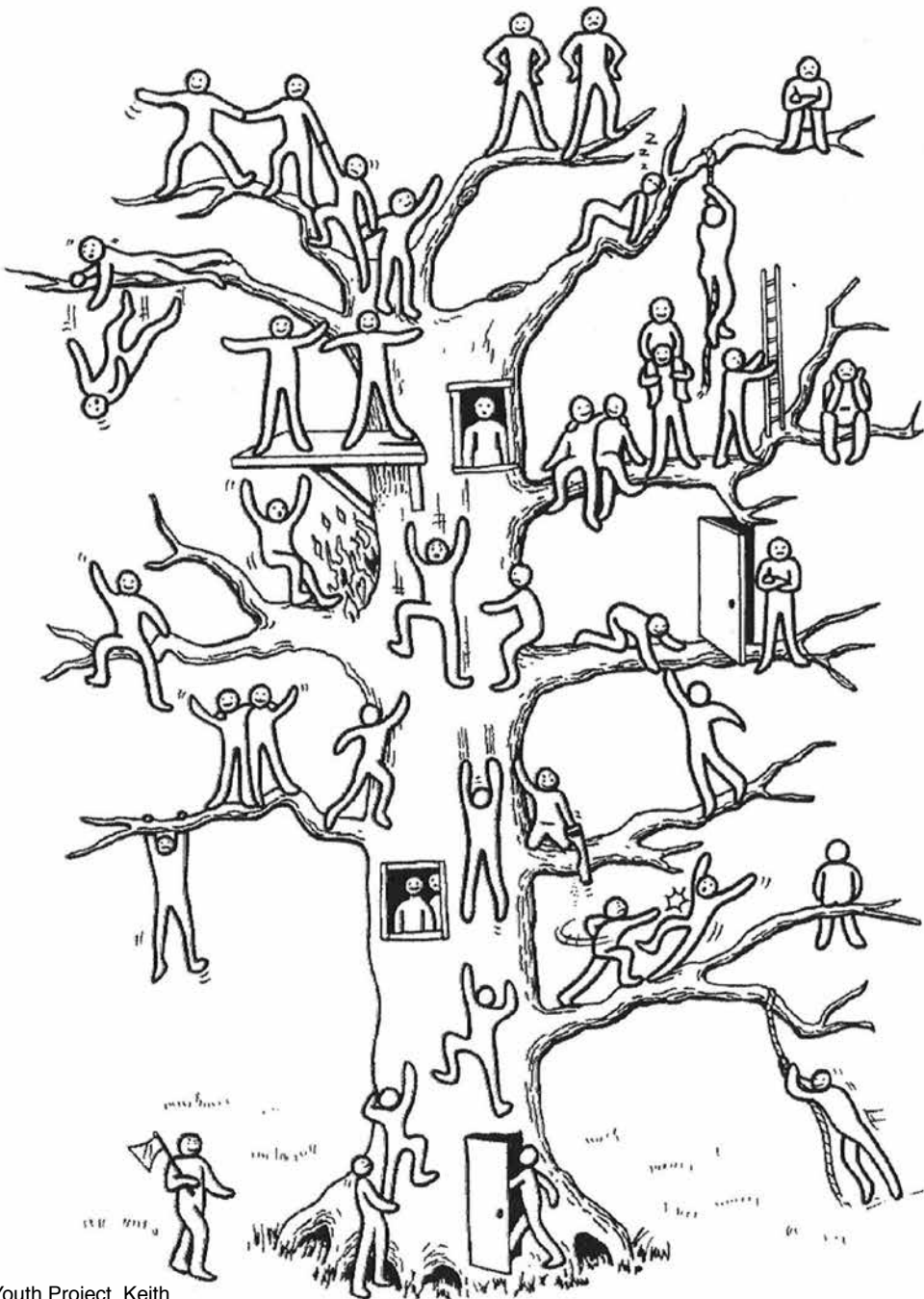


Something I will take with me...



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Which one of these characters are you? Has this changed since the start of your challenge? If yes, what has changed and why?



Provided by Loft Youth Project, Keith





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As you worked towards completing your challenge give an example of being...

## Confident

1. Something that you did that you would not normally have done.
2. Where you took part in a discussion and gave your opinion.

## Responsible

3. Where you showed respect for others.
4. Where you had to make a choice and what information you used when making it.

## Successful

5. Something new that you had to find out.
6. Equipment, tools or technology you had to use.

## Effective

7. Something you were in charge of or took responsibility for.
8. Different ways you communicated with others.



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Think about your challenge and what you achieved and write your thoughts below.

Before I started I...

Something I'm glad I achieved...

Something I found difficult...

Something I've learned and will take with me...

The next thing I want to do...





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<b>QUESTION</b>	<b>YOUR THOUGHTS</b>
<b>What have I achieved?</b>  What has changed? (What can I do now that I couldn't do before?)	
<b>How do I know I have achieved this?</b>  What is the evidence for my achievement? (How I feel, comments from other people, or changes in my ability.)	
<b>What did I do to achieve this?</b>  What steps did I take? (Did I change my attitudes, habits or behaviour? Did I have a good strategy? Did I ask for support? What skills did I use? Did I reflect on my performance?)	
<b>What is the significance or relevance of the achievement?</b>  What is significant or meaningful about this achievement? (Why is it relevant or important? Why am I pleased or proud about it?)	
<b>Taking it further</b>  What can I do to build upon this success? (How can I fine-tune my skills, knowledge and experience further? Could I apply these skills to a new situation? What is my next step?)	





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What were your key strengths?

What were your key weaknesses?

What skills have you developed most?

What skills have you developed least?

What are the most relevant skills that will help you in the future?

What skills have you been surprised about developing?

What skills are you most proud of?

What skills do you still need to work on?





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Transferable skills – where I think I am today.

Score yourself on these skills. The higher the score the better you rate yourself.

Planning	1	2	3	4	5	6	7	8	9	10
Organising	1	2	3	4	5	6	7	8	9	10
Participating	1	2	3	4	5	6	7	8	9	10
Trusting others	1	2	3	4	5	6	7	8	9	10
Communication	1	2	3	4	5	6	7	8	9	10
Teamwork	1	2	3	4	5	6	7	8	9	10
Confidence	1	2	3	4	5	6	7	8	9	10
Independence	1	2	3	4	5	6	7	8	9	10
Taking Responsibility	1	2	3	4	5	6	7	8	9	10
Problem solving	1	2	3	4	5	6	7	8	9	10
Patience	1	2	3	4	5	6	7	8	9	10
Supporting others	1	2	3	4	5	6	7	8	9	10
Effort	1	2	3	4	5	6	7	8	9	10
Listening to others	1	2	3	4	5	6	7	8	9	10
Commitment	1	2	3	4	5	6	7	8	9	10
Timekeeping	1	2	3	4	5	6	7	8	9	10

Give examples of how you have used some of these skills in your challenge:





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Create a road map of your 'challenge' journey.  
 Along the route add 'destinations', 'signposts' and barriers'.



A **'Destination'** is something you did. You also need to say when you did it (date) and for how long (time).



A **'Signpost'** is something or someone that helped you. Say how you were helped.

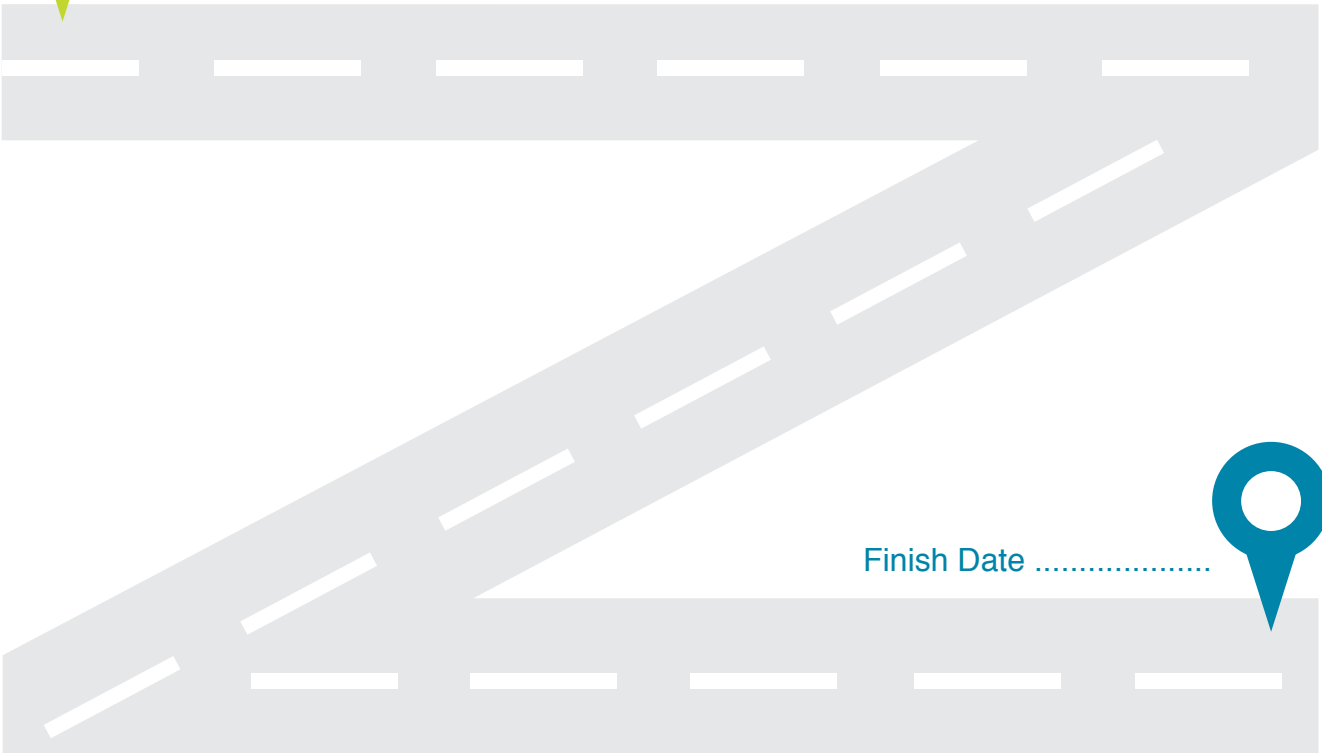


A **'Barrier'** is something that held you up or made things more difficult. Say how you were held up or hindered.

You can write, draw or add photos, stickers, post-it notes etc to explain your journey.



Start Date .....



Finish Date .....

My journey took me..... hours

