My action plan

Describe three Outward Bound adventures you've had:

1.

2.

3.

What made your adventures exciting?

1.

2.

3.

What have you learnt about yourself?

1.

2.

3.

Action! What will you do differently after your course?

Tick when you've completed your actions after your course:

1. ⭐ 2. ⭐ 3. ⭐

What next??