

# My Outward Bound passport

Name:

Age:

Male / Female

Where are you going?



## Comfort zones

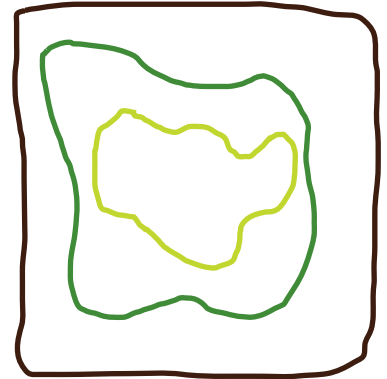
Write your ideas next to the numbers and letters. Then place the letters and numbers in the zones.

Things that challenge me:

- 1.
- 2.
- 3.

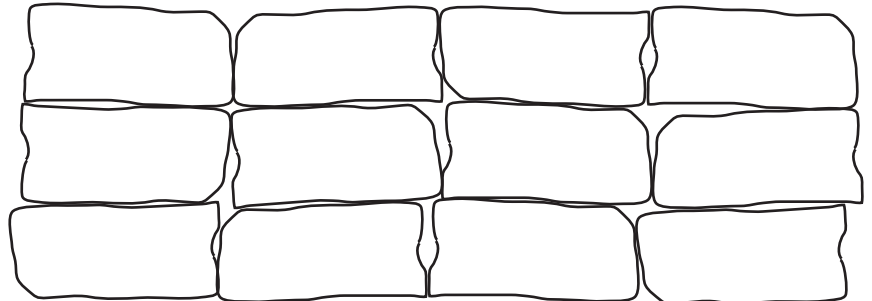
Things that i'm confident with:

- A.
- B.

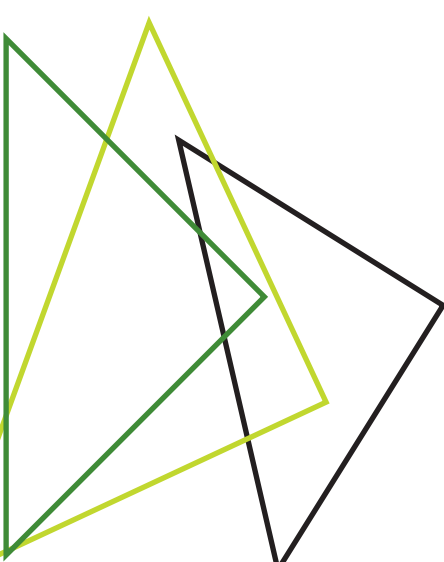
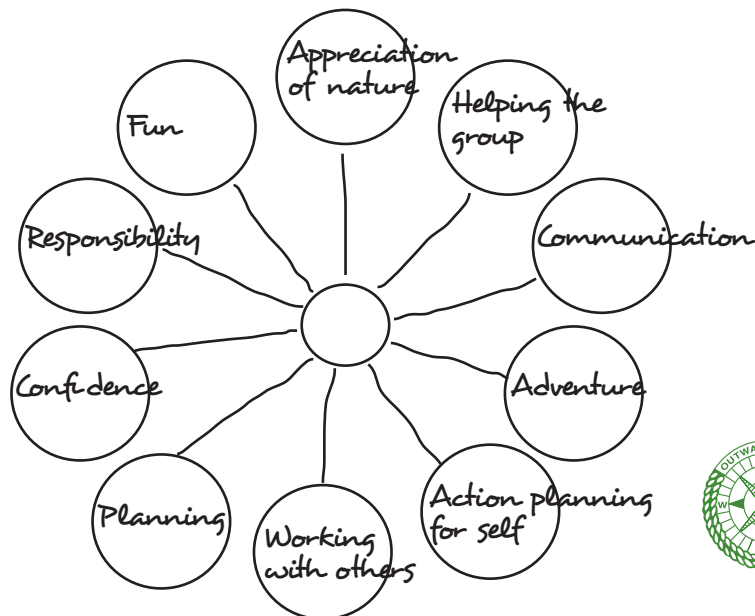


## My skills wall

Write down in the skills wall below the things you are good at e.g. climbing, swimming, team working etc.:



How would you score on the following learning objectives for your course (10 being the highest):



**THE OUTWARD BOUND TRUST**

Adventures for life