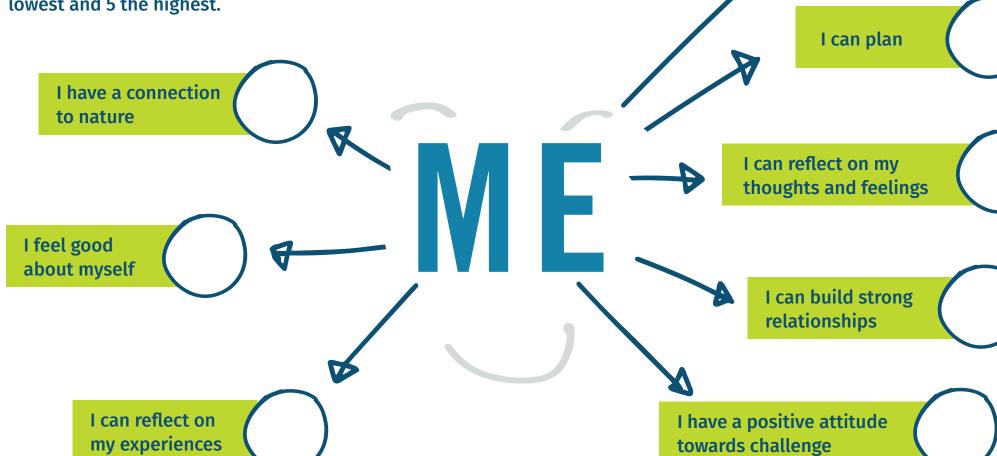
## **SKILLS AUDIT**



## The start of my Outward Bound journey

Before you start your Outward Bound journey, score yourself from 1-5 in the following areas, 1 being the lowest and 5 the highest.



I am resilient

## SKILLS REVIEW

experiences



The end of my Outward Bound journey

Think back over the last week at Outward Bound and score yourself from 1-5 in the following areas, 1 being the lowest and 5 the highest.

I have a connection to nature

I feel good about myself

I can reflect on my

I can plan

I am resilient

thoughts and feelings

I can reflect on my

I can build strong relationships

I have a positive attitude towards challenge