

My Journey So Far

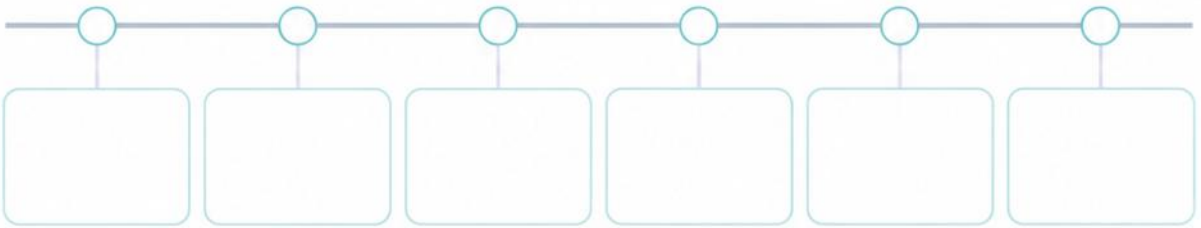
Important moments, changes and what they mean to me

Use the timeline and prompts below to think about your journey so far.

1

Key moments in my journey

Add 5 or 6 important moments. These could be positive or difficult, big or small.



A horizontal timeline with six circular markers. Below each marker is a rectangular box for writing.

2

Important things that have shaped me

Think about people, experiences, places or opportunities that have influenced who you are.



A large empty rectangular box for writing.

3

Challenges I have got through

What has been difficult for you? How did you manage it? What helped?



A large empty rectangular box for writing.

4

What I have learned about myself

What have these experiences taught you? What do you know about yourself now?



A large empty rectangular box for writing.

5

What I want the next part of my journey to look like

What are you hoping for? What would you like to achieve, explore or be different?



A large empty rectangular box for writing.