

LEARNING

JOURNAL

MORE
THAN
YOU THINK



**THE
OUTWARD
BOUND TRUST**

NAME:

WELCOME

TO

OUTWARD BOUND

“

We are all better than we know. If only we can be brought to realise this, we may never again be prepared to settle for anything less.

Kurt Hahn

Co-Founder of Outward Bound

”

NAME: _____ AGE: _____

SCHOOL: _____

COURSE DATES: _____





SOMETHING

AMAZING

IS ABOUT

TO HAPPEN

You're about to embark on a life-changing adventure.

Let's get ready...

You're about to learn new things about yourself and do things you've never done before. You'll explore your talents and discover what it feels like to be outside your comfort zone. You will find out what you're truly capable of and understand why that matters.

This is your journal for you to track your progress. It is yours to keep – it's personal to you and designed to help you get the most out of your Outward Bound course.

Write about the activities you take part in, write about your feelings, write about what you achieve, and most importantly, write about what you learn.

Enjoy your adventure!

CONTENTS

Where are you going?	5
Hopes and fears	6
Skills audit	7
8 ways to make the most of your Outward Bound adventure	8
Comfort zones	9
Goal setting	10
My skills wall	11
My personal shield	12
Diary	13
Settling in	13
Day 1	14
Day 2	15
Day 3	16
Day 4	17
Day 5	18

Skills review	19
Feedback I have received	20
My thoughts and reflections	21
My action plan	22
Postcard to myself	23
Congratulations!	24



WHERE

ARE YOU GOING?

Mark on the map where your school is and where you are going for your course.

How can you find out how long it will take to get there?

How long will it take?

Have you allowed for stops along the way?



HOPES AND FEARS

If coming to Outward Bound is a completely new experience for you, you may feel both excited and nervous about your upcoming adventure. This is completely natural.

For this exercise, think about the things you're worried about and the things you're looking forward to. Write these down next to the appropriate face.

You may like to discuss and share your thoughts with a friend, parent or a teacher.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

I'm looking forward to...

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



I'm worried about...

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

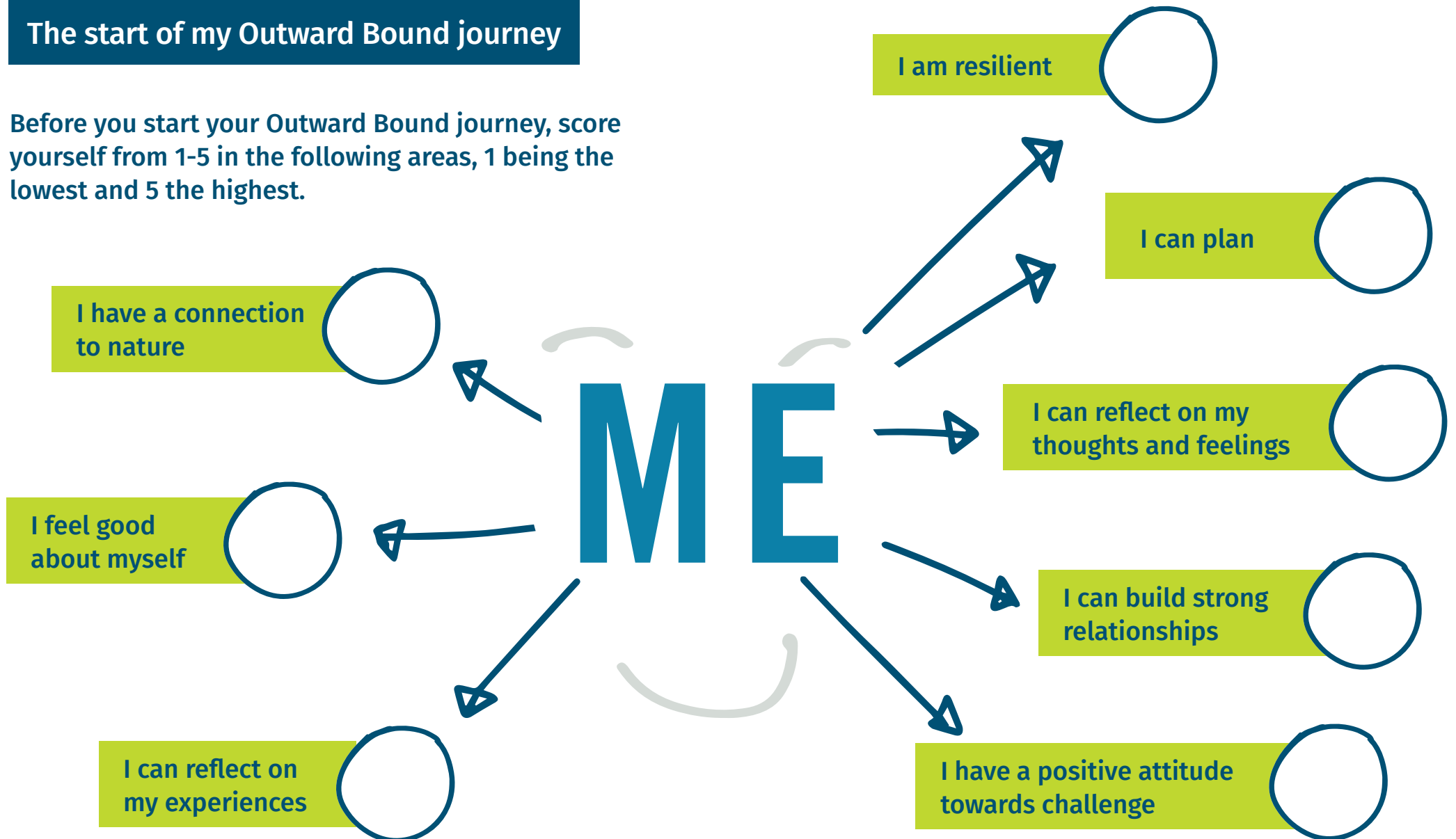
.....



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.



8 WAYS

to make the most of your Outward Bound adventure

1

Be curious

Ask questions. Find out more about what you're doing and why it's important.

2

Be brave

Try new things. We promise you'll surprise yourself with what you can achieve.

3

Set goals

Have something you can practise – it will help build your confidence.

4

Embrace the wild

The view from the top of a mountain can be amazing. Take a moment to appreciate these special moments.

5

Practise teamwork and communication

Be open to new and different ways of doing things, as well as the ideas of others.

6

Look after yourself

It's exciting to be away from home but you'll have a better experience if you sleep and eat well, and drink plenty of water.

7

Celebrate your successes

Give yourself a pat on your back when you deserve it. Congratulate others too.

8

Have fun

And have lots of it. Enjoy your time making new friends and doing new things. This is not your average week at school.

COMFORT

ZONES

This picture represents different levels of 'comfort'.

The smallest shape is where we feel safe and comfortable. The medium shape is our stretch zone, this is where we are challenged and learn new things about ourselves. The largest shape is our panic zone where we are afraid and overwhelmed.

Think about when you have felt challenged.

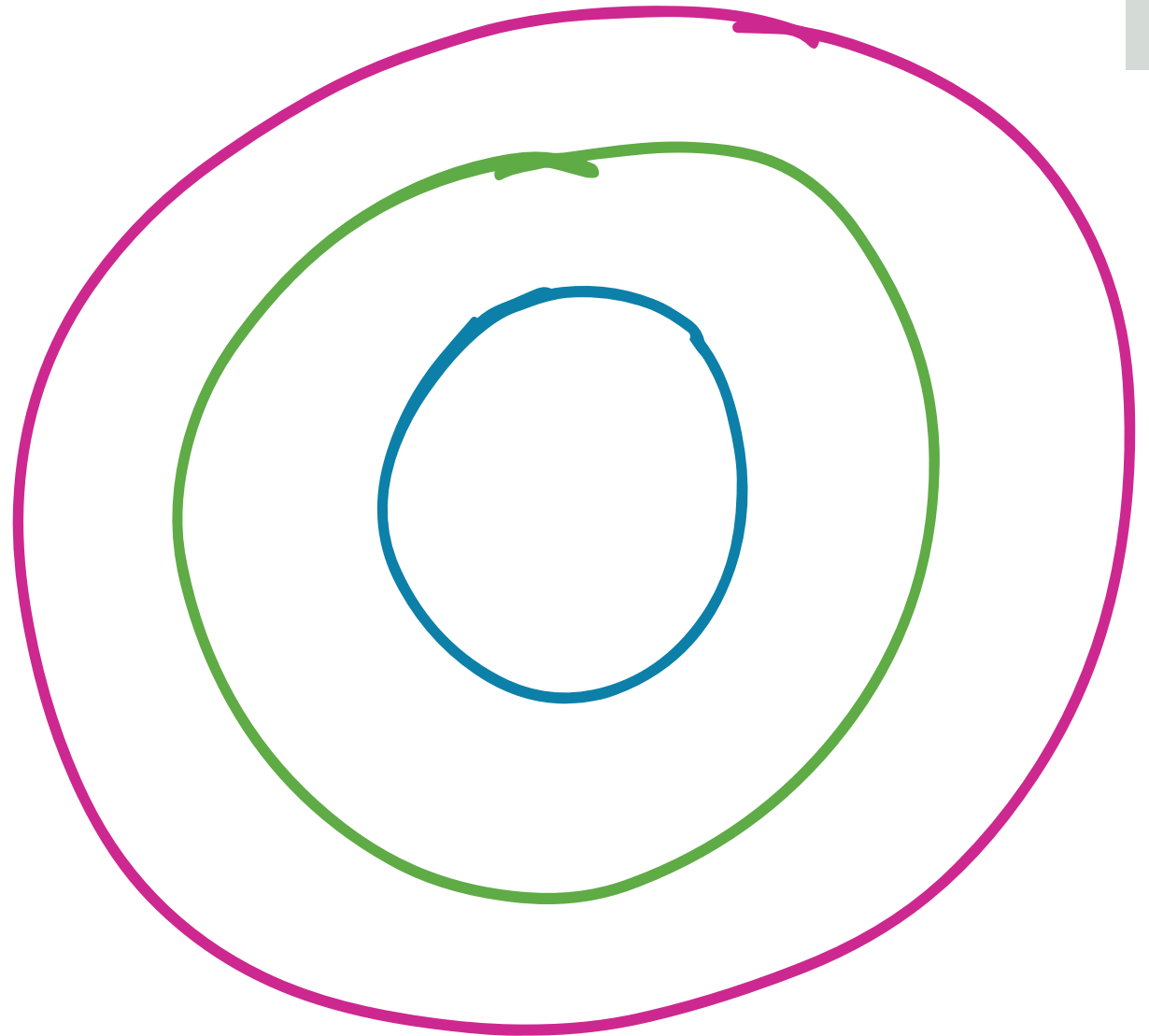
Did you manage it?

How did you feel before and after it?

Feel free to scribble these feelings down in the opposite diagram.

Sometimes the most challenging things are the things that we feel the most pride in completing.

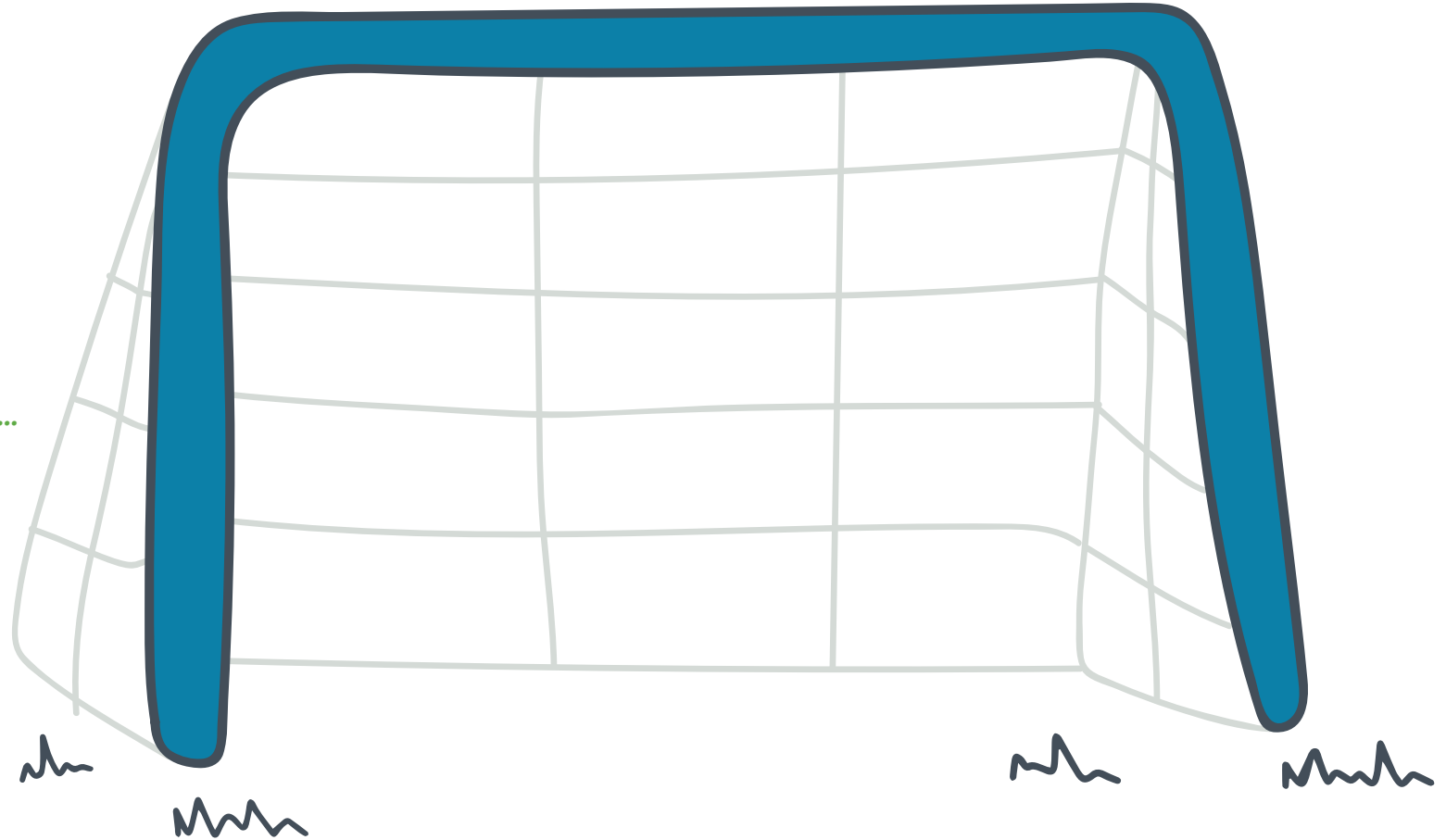
During your course, your instructor will talk more about comfort zones. They're used to encourage you to reflect upon your own level of personal challenge and how you can overcome that challenge with the support of your team.



GOAL

SETTING

Have a think about what personal goals you would like to work on during your Outward Bound course and write them in the goal opposite...



Now write down why you think these goals may be important for your future...

.....

.....

.....

.....

.....

.....

.....

.....

.....

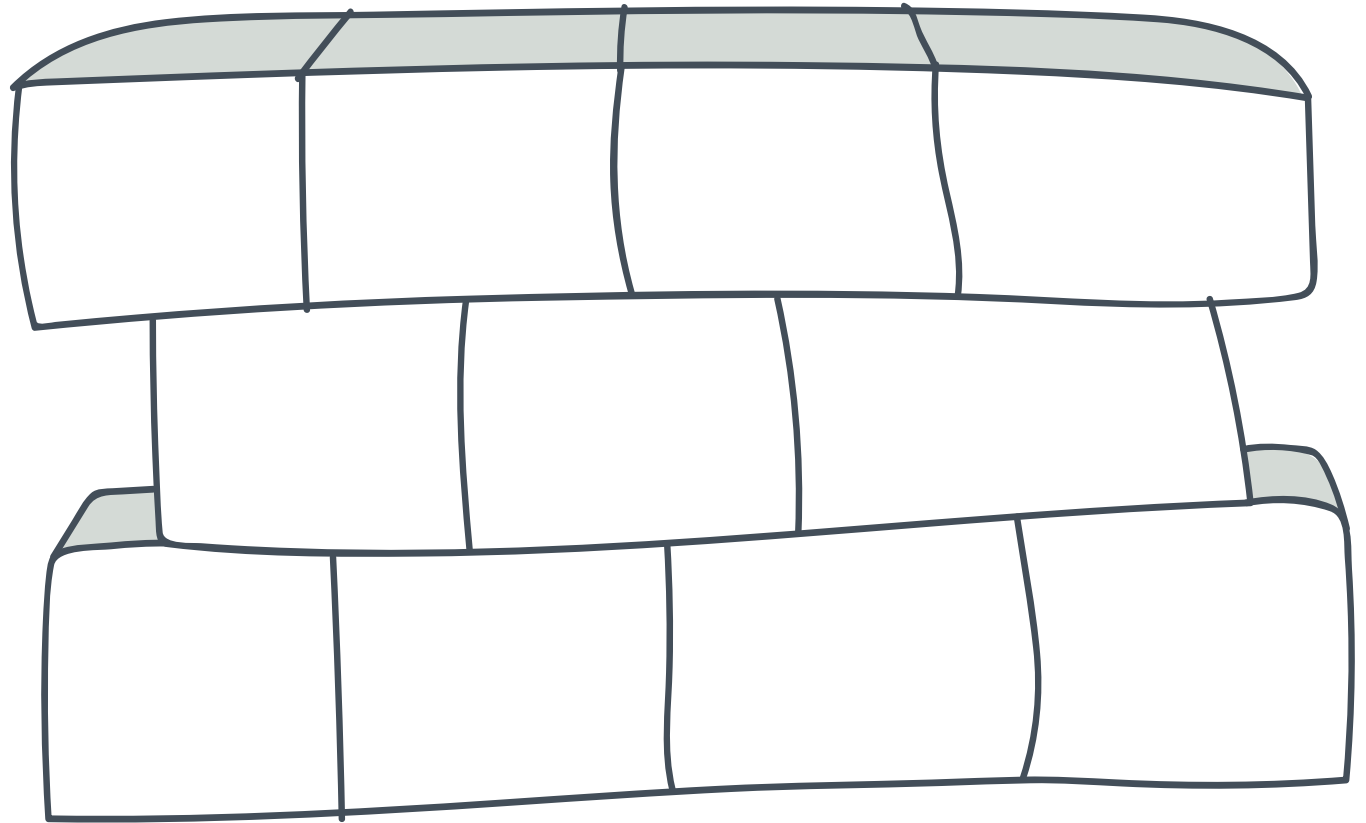
.....

MY

SKILLS

WALL

*Write on the wall the skills that you think may be useful for your course
e.g. timekeeping, being a team player,
climbing, problem-solving, swimming, etc.*



What would you like to learn during your course?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

MY *PERSONAL*

SHIELD

Fill in the shield:

Something you felt challenged by:

A time you felt proud:

What are your personal strengths?:

What you would like to gain from the course?:



MY DIARY

SETTLING IN

To get the most out of your week at Outward Bound, you must be prepared to challenge yourself, and give everything a go. You never know, you may surprise yourself!

1 *What are your first impressions of Outward Bound and your centre?*

.....

.....

.....

.....

.....

.....

2 *Write down the name of your group/clan:*

.....

3 *Write down the names of the other people in your group:*

.....

.....

.....

DAY 1

Date:

What we did today:

.....
.....
.....
.....
.....

What I enjoyed the most:

.....
.....
.....
.....
.....

What I have improved on today:

.....
.....
.....
.....
.....

What I need to work on tomorrow:

.....
.....
.....
.....
.....

To achieve my goals tomorrow I will need to:

.....
.....
.....
.....
.....

Feedback I have received

.....
.....
.....
.....
.....

DAY 2

Date:

What we did today:

.....
.....
.....
.....
.....

What I enjoyed the most:

.....
.....
.....
.....
.....

What I have improved on today:

.....
.....
.....
.....
.....

What I need to work on tomorrow:

.....
.....
.....
.....
.....

To achieve my goals tomorrow I will need to:

.....
.....
.....
.....
.....

Feedback I have received

.....
.....
.....
.....
.....

DAY 3

Date:

What we did today:

.....
.....
.....
.....
.....

What I enjoyed the most:

.....
.....
.....
.....
.....

What I have improved on today:

.....
.....
.....
.....
.....

What I need to work on tomorrow:

.....
.....
.....
.....
.....

To achieve my goals tomorrow I will need to:

.....
.....
.....
.....
.....

Feedback I have received

.....
.....
.....
.....
.....

DAY 4

Date:

What we did today:

.....
.....
.....
.....
.....

What I enjoyed the most:

.....
.....
.....
.....
.....

What I have improved on today:

.....
.....
.....
.....
.....

What I need to work on tomorrow:

.....
.....
.....
.....
.....

To achieve my goals tomorrow I will need to:

.....
.....
.....
.....
.....

Feedback I have received

.....
.....
.....
.....
.....

DAY 5

Date:

What we did today:

.....
.....
.....
.....
.....

What I enjoyed the most:

.....
.....
.....
.....
.....

What I have improved on over my course (name two things):

.....
.....
.....
.....
.....

*What I need to work on when I return to school
(name two things):*

.....
.....
.....
.....

To achieve my goals I will need to:

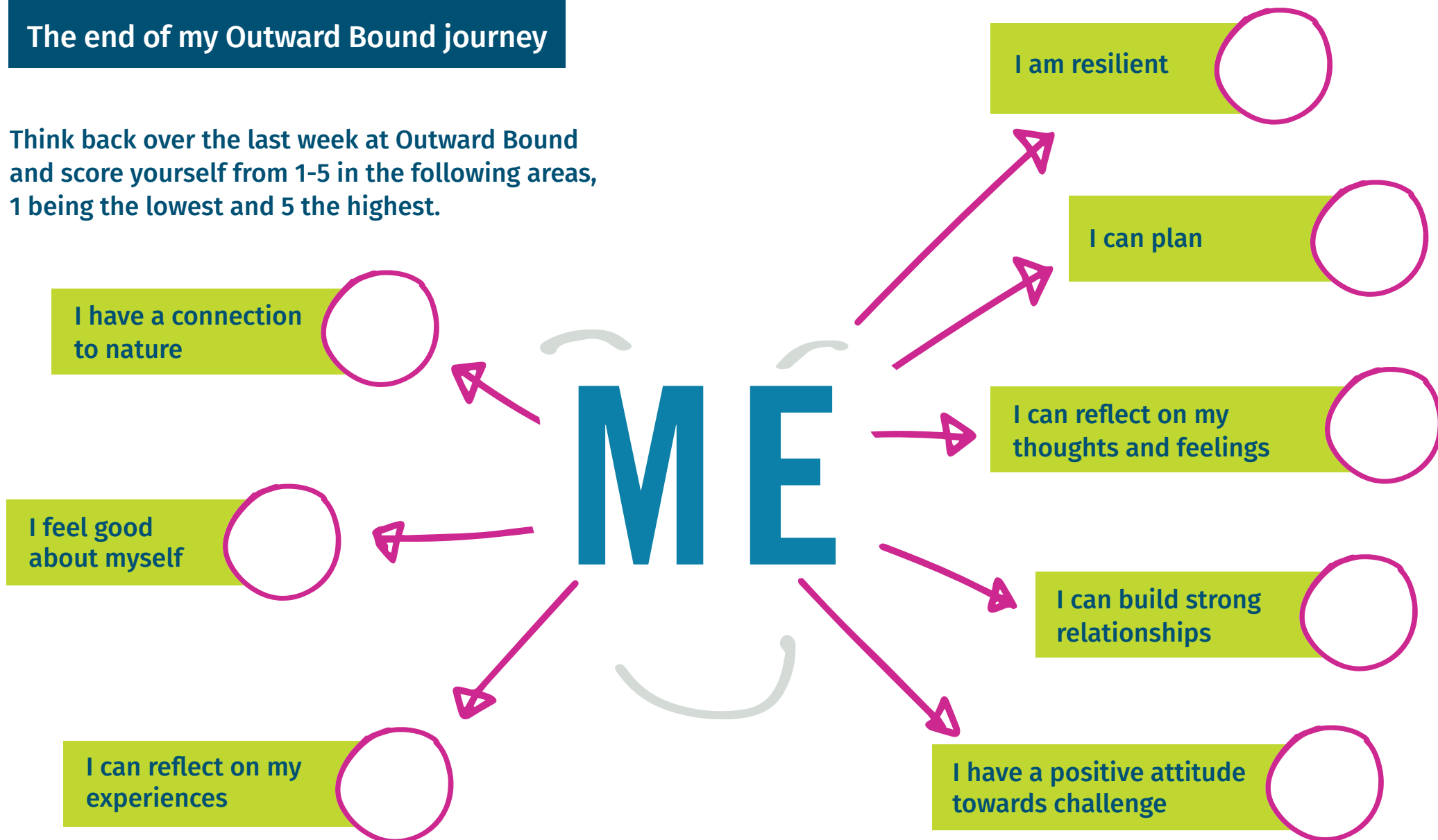
.....
.....
.....
.....
.....

Put your group photo here:

SKILLS REVIEW

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.



POSTCARD

TO

MYSELF



Dear: *Date:*

I am writing this postcard to remind myself of the adventures I had whilst on my Outward Bound course.

Out of all the things we did, my favourite moments were:

.....
.....
.....
.....

The things I found most challenging were:

.....
.....
.....
.....

My proudest moment was:

.....
.....
.....
.....

Some of the things I have learnt are:

.....
.....
.....
.....

What I will never forget:

.....
.....
.....
.....

From:

CONGRATULATIONS!

You've completed your
Outward Bound course.



Add your Outward Bound certificate here.

LIVE A LIFE *WORTH LIVING*



Be bold. Take risks. Kick out.
Be challenged. Fail. Fail Again. Pick
yourself up and fail once more.
Push harder. Make sure you leave it all
on the playing field of life, and never,
ever settle for second best.

**Be a student, graduate, trainee, colleague,
sister, brother, friend, mum or dad**

**Whatever you choose to be, remember –
You are ALWAYS capable of MORE**

SO

NEVER

ACCEPT

ANYTHING LESS

YOU ARE

MORE

THAN YOU

THINK





**THE
OUTWARD
BOUND TRUST**

TOGETHER **WE ARE**
OUTWARD BOUND

OUTWARDBOUND.ORG.UK
@OUTWARDBOUNDUK

#MORETHANYOETHINK

CENTRES

Aberdovey, Snowdonia, Wales
Eskdale, The Lake District, England
Howtown, The Lake District, England
Ullswater, The Lake District, England
Ogwen Cottage, Snowdonia, Wales
Loch Eil, The Highlands, Scotland

© Outward Bound and the Compass Rose are each registered trademarks of The Outward Bound Trust. Registered charity no: 1128090 in England and Wales; no: SC040341 in Scotland. Company reg no: 6748835