Your Solo Experience

You will be feeling a number of things right now, this short time on your own is to think about how you feel, and write a few words down to remind yourself in the future.

Helpful

Invigorated

Comfortable

Surprised

Excited

Hopeful

Optimistic

Calm

Scared

Enthusiastic

Relieved

Lonely

Thirsty

Annoyed

Trusted

Proud

Happy

Cold

Tired

Valued

You can use the words above to help kick-start your thoughts and ideas. Remember to think about the past, present and future.

Write a letter to yourself.

This will be collected by your instructor, and will be returned to you Later so you can read it.

Here are some questions to help, if you need it, whether you use them or not remember to write about yourself as well as the team, about the training course as well as the project:

What have you enjoyed the most so far in the course?

What have you had to work the hardest at so far?

What things are you most proud of having achieved so far?

What things are you most proud of the team for achieving so far?

What do you think you will learn about teamwork during the project?

What do you think is going to be your / your team’s biggest challenge during the project?

What is your / your team’s greatest strength?

Put your answers to these questions, and your thoughts about the words at the top in a short note or letter to yourself on the reverse of this page and keep it safe.