

Appendix 18

Credit: YoungMinds

My Journey

Expectations / goals: What were the participants hopes or expectations before starting the project?

Timeline:



Activities: What were the main stages of the project?



The journey:

What happened?

What was difficult about the experience?

What was useful or enjoyable?



Reflections:

How does the participant feel about the project overall?
What did it mean to them? Did it meet their expectations?

Skills gained:

What did the participant learn? What can they do now that they couldn't do before?