WHAT WAS NEW TO ME?
Consider what new sights, sounds, smells, tastes, emotions were part of your adventure experience? Did you learn or practice any new skills? Did your adventure experience involve something you had never experienced before?

WHAT WAS MY ADVENTURE?
Explain your experience in factual terms. What can you remember about it? What did you do? Where did you go? Were you on your own or with others? What observations did you make that have stayed with you?

WHAT CHALLENGED ME?
Consider what you found difficult or challenging about the experience. Was there anything you thought you couldn’t do? Were you fearful of any part of the experience? Did you ever want to give up or find it hard to keep going?

HOW CAN I USE MY DISCOVERIES?
Consider in what situations you might use what you have learned? What is your next step in the cycle? If you repeated the experience what would you do differently next time? What will you start, stop or continue as a result?

WHAT DID I DISCOVER?
Reflect on the discoveries you have made about yourself and the world around you. What have you learned from the experience? What did you discover about your own capabilities, qualities and virtues?

HOW DID I FEEL, THINK AND BEHAVE?
Think about what you felt and thought and how you behaved before, during and after the experience. Did those things change at all? How were they influenced by (or did they influence) the experience?