

My Story:

SHIFT JOURNEY



The Challenge I faced

I learned the following...

PAST

NOW

FUTURE

Because of this...

Now I will consider the following when faced with challenges in the future



DRAW OR WRITE KEY EVENTS OF YOUR EXPERIENCE ► PLACE THEM IN SQUARES



DRAW OR WRITE KEY EVENTS THAT SHIFTED YOUR PERSPECTIVES, THINKING, VALUES TO CHANGE ► DRAW A LIGHTBULB NEXT TO IT

AFTER YOU HAVE MADE YOUR JOURNEY MAP, REFLECT AND FILL OUT THE FOLLOWING:

What key things helped you along the way?

What do you think wouldn't have helped or made things worse?

What would your current self say to your past self around the challenge you needed help getting unstuck from?

