



The Dorset Award for Young People

Reflections

To be completed by young person

Name:
My challenge was:
In doing this challenge, I achieved... 1. 2. 3. 4.
Describe what happened during your challenge:
What were the highs of this challenge? What did you enjoy most? What were the positives?
What were the lows of this challenge? What did you enjoy least?

Please continue form overleaf



Reflections

What skills did you gain or improve? What do you feel you are better at as a result of the challenge?

General comments:

If you have one, put a photo of you doing your challenge here!

Young Person's Signature Date

Form C