Review and reflect Centre This is your chance to look back at where you were when you started, think about where you are now and, consolidate your plans for the future What I have learned about myself (strengths, explain and give examples to support your weaknesses, skills, qualities, successes) explanation What I have learned about my feelings (likes, explain and give examples to support your dislikes, interests, fears, hopes, ambitions) explanation Where I want to be (my goals for the future) explain and show how you plan to achieve these goals

Record Form **Unit 1**Personal Development: Self Awareness | **Level 5**