

Journaling Microadventure

DATE: / /

CHOOSE AND EXPERIENCE A MICROADVENTURE (SHORT, LOCAL, DOES NOT HAVE TO BE OVERNIGHT, NOT DANGEROUS, THAT INVITES YOU TO FEEL SLIGHTLY UNCOMFORTABLE OR CHALLENGED). PLEASE CONSIDER RISKS AND BE SAFE:



- SHARE YOUR PLANS WITH AT LEAST 1 PERSON
- TAKE APPROPRIATE CLOTHING, GEAR, WATER & SNACKS

1. WRITE DOWN YOUR FIRST THOUGHTS AFTER READING THIS INFORMATION

Notice sentences or phrases in your inner conversation, images, predictions of what could happen, judgements (to the activity, to yourself), or others.

2. COME BACK TO THIS JOURNAL LOG WHEN YOU START YOUR MICROADVENTURE

When you leave your home or the halls to embark on your microadventure, write down your experiences below so we can reflect later. Add keywords, write freely, or record your responses using your mobile (voicenote or video)

ADD NOTES AT THE START, DURING THE EXPERIENCE, AND RIGHT AFTER FINISHING.

Emotions,
Feelings

Thoughts, Inner
conversations

Bodily experiences
(physiological
responses)

Behaviours
(actions, choices,
changes)

3. COMPLETE THIS SECTION AFTER YOUR MICROADVENTURE (WHEN YOU RETURN HOME).

Allowing some time after your microadventure will help you look back and reflect more on your experiences.

- Looking back at your initial thoughts and your notes from the microadventure experience, what changes can you notice between your initial thoughts about this activity, and the things that actually happened? Any similarities or differences?

- In what ways did I challenge myself? Were there moments of uncomfortability, indecision, or changes I made during the experience? Write down what you notice about this.

- If I find myself in a similar situation in the future, what could I modify in my inner language and thoughts (previous and during the experience)? Would that modify my experience?

4. THIS SHORT EXPERIENCE AND REFLECTION SHOWS ME THAT WHEN I FACE A CHALLENGE, I TEND TO ...

5. AS AN OUTDOOR FACILITATOR, THESE REFLECTIONS HELP ME REALISE THAT...

