Looking Back Looking Forward

Encourage participants to reflect on their past achievements and set goals for the future, fostering personal growth and self-awareness.

📖 Learning Intentions

Reflecting on Personal Achievements:
Students will engage in self-reflection to recognise and appreciate their past achievements, fostering a sense of self-awareness and gratitude.

Goal-Setting for Future Growth:
Students will learn to set meaningful and realistic goals for the future, encouraging personal growth and development.

Enhancing Self-Awareness and Confidence:
Students will better understand their strengths and qualities, boosting self-confidence and promoting a positive self-image.

🏅 Success Criteria

Thoughtful Reflection on Past Achievements:

Students thoughtfully complete the reflective questions, demonstrating an ability to identify and articulate their past accomplishments and the qualities they value in themselves.

Clear and Achievable Goal-Setting:

Students set specific, measurable, and realistic goals for the coming year, showing an understanding of how to plan for personal growth.

Willingness to Share and Engage in Discussion:

In a group setting, students share their reflections and goals, contribute to a supportive environment, and demonstrate a willingness to engage in discussions about personal growth and self-awareness.

THE SCHOOL OF
PLAY

Looking Back Looking Forward

Objective:
Encourage participants to reflect on their past achievements and set goals for the future, fostering personal growth and self-awareness.

Players:
It is suitable for individuals of all ages and can be done privately or in small groups.

Materials:
- Printed copy of the provided PDF.
- A pen for each participant.

Setup:
Ensure each participant has a copy of the PDF and a pen.

Gameplay:
- Participants answer reflective questions about their past year's achievements and qualities they appreciate about themselves.
- They also set personal goals for the coming year.
- The activity can be completed individually with an option to share responses in a group setting.

Winning the Game:
Focus on personal growth and self-discovery rather than competition.

Variations:
- Adapt the questions to suit different age groups or specific focus areas.
- Incorporate group discussions to foster community and shared learning.

Additional Notes:
Looking Back, Looking Forward is a reflective activity that promotes goal-setting and gratitude, aiding participants in acknowledging their strengths and aspirations.

Looking Back Looking Forward

What three qualities do you love about yourself?

1 -

2 -

3 -

What are three things you achieved last year that make you feel proud?
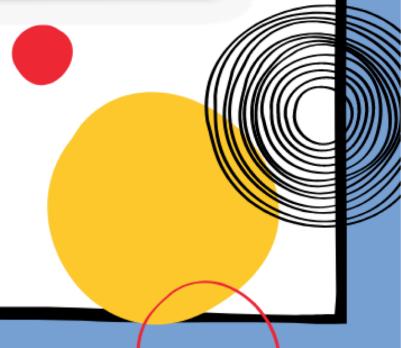
1 -

2 -

3 -

What were three things were you grateful for last year? They can be items, places or people.

1 -

2 -

3 -

Looking Back Looking Forward

What was something that challenged you last year that you were able to overcome?

Looking forward to this year, what are three goals you would like to acheive?

1 -

2 -

3 -