TRY / REVIEW / CHANGE

My experience, my next step

You can change your mind. Finding out what works is progress.

You can fill this in by yourself or with someone you trust.

Write, tick, draw, use pictures or communicate in your own way. Skip anything you want.

1 TRY

What did I have a go at?

Activity, job, course, visit or other experience:

When / where (optional):

Before I started, I felt:

- ☐ Excited
- ☐ Nervous
- ☐ Unsure
- ☐ Curious
- ☐ Worried
- ☐ Something else

2 REVIEW

What was the experience like for me?

The parts I liked or that worked well:

The parts I did not like or found difficult:

Was it the activity, or something about how it happened?

For example: heat, noise, people, timing, travel, instructions or support.

How did I feel about the experience overall?

- ☐ I liked it
- ☐ Some parts were okay
- ☐ Not for me
- ☐ I am not sure yet

Anything else I want someone to understand:

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3 CHANGE

What would help next time?

Things that might make this a better fit:

- ☐ Different place or environment
- ☐ More breaks or quiet space
- ☐ Different support or people
- ☐ Different time or shorter session
- ☐ Clearer information or instructions
- ☐ Something else

One change I would like to try:

Example: I liked working with plants but the outdoor heat was too much.

Could I try similar work in an air-conditioned space instead?

4 MY DECISION

What would I like to happen now?

- ☐ Keep going as it is
- ☐ Try a different option
- ☐ Stop this activity
- ☐ Try again with a change
- ☐ Have a break or wait
- ☐ I am still deciding

My next step (if I want one):

Who could help me? (optional)

A reminder for me and my supporters

Changing the plan is not failure. My preferences and choices matter.

I can take my time, ask for support, or decide this is not for me.