

# Venturing Structured Personal Reflections

## Development of Self, Others, and Faith

### Structured Personal Reflection

The structured personal reflection helps you reflect on strengths, weaknesses, and areas for growth. The reflection will help you set a significant goal for your own personal growth.

Below are some questions that address the areas of personal growth. Of course, you may ponder other questions that come to mind based on your life experiences. Or, you may ask an adult you respect such as your crew Advisor, parent, teacher, or spiritual advisor to generate questions for a personal reflection. Either way, your answers will form the foundation of your personal growth.

- What do I value?
- What am I not good at?
- What motivates me?
- What gives me joy?
- What is my purpose in life?
- What do I want out of life?
- What successes and achievements have I had?
- What am I good at?
- Who is someone I admire, and what characteristics do they have?
- Do I have those characteristics?

### Goal-Setting

Setting a goal turns your personal reflection into action. Declaring in advance what you want to do, learn, or accomplish will help you achieve your goal. Your Advisor can help you transform what you learned during your structured personal reflection into a goal that will help you grow.

### Planning

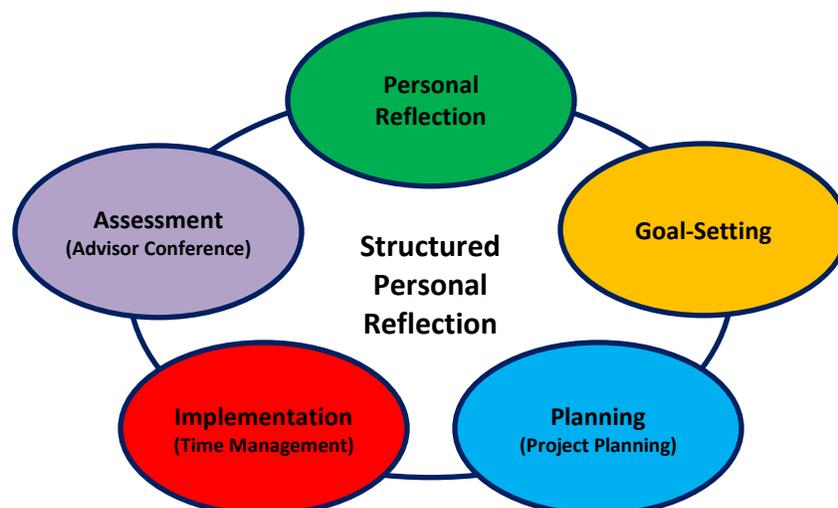
The planning tools in the Handbook for Venturers as well as the Project Management training course will help you map out the tasks needed to achieve the goal you set.

### Implementation

The implementation phase of the process brings your goal to life. Time Management training will help you manage the resources needed to achieve your goal.

### Assessment

What did you learn from setting and achieving the goal? When you discuss what you learned with your Advisor, be ready to talk not only about your goal but also on what you learned while working on your goal. As is often said about learning, it is not the destination that is important, but the journey itself. You will find this to be true as you work to achieve goals in Venturing and in life.



Crew Member Name

# My Structured Personal Reflection

Personal Growth Area of Focus	Development of	
	Select	Self
		Others
		Faith

Reflection Questions	Personal Response
What do I value?	
What am I not good at?	
What motivates me?	
What do I want out of life?	
What successes and achievements have I had?	
What am I good at?	
What can I do to improve?	

My Personal Growth Goal

Tasks To Help Complete Goal	Target Date	Date Complete

Advisor Conference Assessment	Date