**Dear Diary**

This activity could also be used by yourself or a young person to complete as part of their journey through a programme.

**Age (if a young person):**

**Role (if a practitioner):**

**Name of programme:**

**Name of school:**

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| **Date / time point in project** | **What were you doing?** | **What were you thinking?** | **What were you seeing?** | **What were you feeling?** |
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