

This template can be completed to reflect on your own development.

Copy and paste the following into a new document or adjust the template to suit.

This will be confidential to you.

Age and Place	Experience	Insight on reflection	Comment/ Questions/ Choices	Comment now

see a completed example below

Example for Steve Henry

Age and Place	Experience	Insight on reflection	Comment/ Questions/ Choices	Comment now Aug 2015
8 North Auckland	Sun rising over horizon, sparkling on water. Deeply connected to all	I can access connection through nature	How do I learn more = science	How delusional that science was the path to truth!
13 Mum dies	Adults hid the truth from me that mum was dying to	Dont lie to kids. I knew what was happening..	What causes cancer? Can it be prevented?	The way adults treated me was more disturbing than my mother passing

	prevent me getting hurt			
13 The City	Leaving co-ed school by the sea to go to a boys school in the city with my Dad and without my brother or sister. Traumatic. Dad emotionally disconnected	My world turned upside down. This was harder than mum dying	Dad was doing the best he could and he was suffering alot. How can I support him?	I have worked very hard to provide stability for my kids and to be emotionally available
13-15 School Hell	At my father's old school a conservative boys bully den.	There has got to be a better way to educate	How would I do educating better-easy. Listen, laugh and be honest	This was an informative time for me even though hard. I got solace in my books.
15 Clarity	Three week farm placement arranged by my Dad. Hated it, but got asked "What do you choose then"	If I don't choose then I will have a miserable job. I love nature, people so Science teaching seems right	Best I learn to be a teacher	Good call!
20 Leadership	Club Captain of the University Ski Club and loving	Best i learn how to facilitate really well.	Lots of body language learning and communication courses	I was pretty arrogant then and rarely listened

	the role of facilitating and good at it			
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22 Academic Clout	Getting a first class honours degree and people treat me differently	I worked hard and played hard. Disciplined	Discipline and structure that I set work for me	I can be very focused and generate great outcomes
20-36 Sweatheart	First girlfriend, Maree the beginnings of a 16 year relationship.	I was spellbound by Maree's intellect - she was so together with herself....	I denied myself and experimental teenagehood for the sake of an ideal	It was such an informative chapter for me to be with Maree. I looked to her for the answers too much and gave away my identity
23 Married	My Dad. "We marry in our family not live together" Marees mum "For God's sake live together!"	Should have listened to Maree's mum. I was very driven to please my father.	Maree taught me so much about respect for women	Way too young
23-25 Travel	Lived in London for 1 year and traveled in Europe,	Wow. my eyes are opened to a vast world of possibility	History is such a rich form of learning, but NZ is my choice of home	So glad I did this

	Asia, Africa and America			
26-29 Being different	Teaching at an Alternative School	Love the freedom to be present with youth and offer my gifts, and to feel so valued	Don't stay too long or will change me forever (from my mentor)	Glad I stayed only 3 years or could never have got back into the mainstream
30 Four Daves	My best mates were all called Dave	I cared so much what other people think	Not interested in new knowledge only new experience	Doubted myself and my abilities
30-34 Outdoors Ego	Outdoor Guru and Loving it. Establishing education programmes and being respected for it	How shallow I was	How could I get better?	What an immature spoilt brat seeking external gratitude
35 Stop it	Take a year off work to work on myself	i was sick of being given mana I felt I did not deserve	Time to look inward not outward	A very wise call
36 Dad passes	3 months caring for my Dad as he died. Realising my generation is next.	A cathartic humbling experience. What is important? Being true to self	Cancer healing opens my eyes to alternative therapies - reiki, meditation	Biggest time of my life to date

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36 Becoming an adult	Me ending 16 year relationship with Maree	I have the power to make this choice and have no regret	Indecision is a choice and a poor one at that	An essential moment in me growing up
36 Spirit	Out of body euphoria	There is more to life than what I saw	Weird is misunderstood and interesting	Pretty standard now to for me to experience many levels of awareness
36 Heart connection	Connecting with Ali Law in a very different way- not intellectual but by the heart. Irrational	Feels right.	Can't argue with how this feels	Meant to be
38 Kids	How novel. Where do I fit?	How do I be a Dad and be there for them?	Being the provider suits	There are phases of being a Dad- and the first phase is more Mum
40 Escape to the Wild	Established Wilderness Guiding company as a way to flee	Couldn't handle the stress of young kids	How can i support Ali?	I did what I needed to to cope
42 Aspergus	A diagnosis for youngest answers alot of questions	Ah so we aren't bad parents.....	Socially challenging to fit in	Its helpful to have a diagnosis as it gives context. Autism, Aspergus = awesomism

	Wider family and community don't understand			
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43 Outward Bound or Education for Sustainability?	Being down to the final two for the job as director for Outward Bound meant I needed to decide if I really wanted it or not and the answer was no	I can choose my own destiny	There is something better waiting for me. Complete Masters degree in Environmental Education as a way to decide what	Good call
45 Australia	Travelling for 6 months as a family in a campervan in Oz showed there are many ways to live	I can study and live flexibly. Why not work like this too?	How can i work like this?	Informative
46 The consultant	Charging more for my services means get taken more seriously. Building an empire not my thing	How can I ground this work in a public institution?	Education is my thing not consultancy	An important moment in deciding a different path

48 Home	Finding Otago Polytechnic as an employer feels like I belong	Inspired by CEO as the first person I have respected professionally for a long time	How do we create a Sustainable Institution?	What a can of worms..a long journey, be patient
49 Professor what?	Creating the Graduate programmes as a community to support my learning	If I learn and others with me anything is possible	How would nature design this?	What a ride
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50 Tipping point	Others more interesting than Ali. I am in denial about this.	I lost balance and how to be present for Ali. We work through our stuff to a deeper more loving place	We will split if we go down this path. How do we be proactive?	Critical time for growth
50 TEDx	Give a TEDx talk on the future of education	Being inclusive with the new rather than criticise the old	What not to say is as important as what to say.	Great process to express what I believe
51 Bullying	My son is bullied in an ongoing way at	Lets move	We do have choices	Leap!

	a school I helped create. Pain.			
52 Maori	Living in a bicultural intentional community at Awhi farm in Turangi	So liberating! Escape from own expectations. Loving belonging.	Bullshit stories in own head are limiting	Worked 50% less and am more way productive
53 Top of the South	Shift to where the kids can go to school and ALi can get decent work	Feels right	Patience	Great call
53 Listening	A weekly mens group has supported me to change deeply and listen	I am lucky Ali has been so patient	How can I listen better? Learn Non violent communication	Plenty of time
53 Flexibility	Sell Hawea home to allow more flexibility and get away from the bullshit property mortgage cycle	Let's live in many places	Design a mobile home about 60 sq m	New chapter unfolding