**Recognising personal change**

Take ten minutes to brainstorm all the differences you can detect between yourself now and yourself three years ago.

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|  | **Me three years ago** | **Me now** |
| Appearance |  |  |
| Clothes |  |  |
| Friends |  |  |
| Interests |  |  |
| Tastes in music |  |  |
| Life aims or vision |  |  |
| Attitudes |  |  |
| Inspiration |  |  |
| Personal qualities I want to develop |  |  |
| People I admire |  |  |
| People who support me |  |  |
| Job taken |  |  |
| Career interests |  |  |
| Other significant changes |  |  |
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