**Journal/Diary**

Participants could alternatively capture their experiences via a ‘weekly’ journal/diary.

This could be undertaken via:

* Short written inserts using either a paper diary/booklet
* An online diary
* Using photographs or other imagery which could then be used to guide discussion and feedback.

To aid the completion of the ‘weekly’ journal/diary below are some suggested ‘prompts’ to aid the feedback process and link to the outcomes identified above – see below:

**Weekly Journal / Diary Guide**

Please share your experiences of [insert] project by keeping a short weekly journal. The idea is for you to share a little about what you’ve done and how you feel. It doesn’t need to include lots of text and if you want to, include photographs, drawings or images…..

Here are some things you might want to feedback on each week:

**At the project**

* What you did at this project this week (e.g. play sport, helped out, had a mentoring session) & whether you enjoyed it or not
* Whether you did anything new or different at the project this week – if yes what
* Whether anyone helped you or you helped someone else at the project – if yes who and how
* Whether you undertook any training/qualifications or learnt anything new/helpful

**This week in general**

* Something you’ve enjoyed doing this week
* Something or someone that has made you feel good/happy
* Something (or things) you’ve done which you are proud of
* Something or someone that has made you sad or angry
* Something or someone that has inspired you – if yes who or what

**Things to add…**

* Can you share a photograph – maybe of you or your local area which relates to how you feel or something you’ve been doing.