

Personal Goals

Reflective Questions

Weekly Reflections

1. What heritage site have I noticed, thought about or appreciated recently?
2. Are there any local stories or historical events that interest me?
3. Have I visited any local heritage sites, parks, or museums recently?
4. Have I learned anything new about local heritage that I'd like to share with others?
5. Where would I like to explore next?
6. Can I challenge myself to try somewhere new, somewhere I've not been?
7. Did I attend any community events or activities? (If yes, how did they make me feel?)
8. Which local group, club or initiative can I consider supporting or volunteering for?

Monthly Reflections

1. How many new places or historical sites have I explored recently?
2. Have I attended any local heritage-related sessions, workshops, or groups? If not, can I consider it?
3. How have I contributed to the promotion of local heritage? Can I help to spread the word about this fascinating history?
4. Did I meet or interact with any groups or locals? What were my main insights?
5. What community initiative have I participated in? (If you've not done this yet, can you consider it?)
6. Is there a group I'd like to join/support? Can I take one small step towards this?
7. Do I feel my connection to the local area and community has deepened or changed?

