



NEW ZEALAND
PLANNING INSTITUTE[®]
Te Kokiringa Taumata

Mountain Moments

Worksheet Mountain Moment

1 Description:

.....

What was engaging or satisfying (adjectives, phrases)

Mountain Moment

2 Description:

What was engaging or satisfying (adjectives, phrases)

.....

Mountain Moment

3 Description:

.....

What was engaging or satisfying (adjectives, phrases)

Summary:

Choose one of your moments to share with a partner/colleague. Ask the partner/colleague to help you summarise qualities that this mountain moment reveals about you that you might want to consider for your professional development or career planning. Jot down the summary here.