

Experiences catalogue form

| <i>Events or experiences</i> | <i>Analysis of the Experience</i> |
|---|---|
| <p>List down all the events that have occurred in your life so far – from school, college, university, home life, leisure or working time. Then highlight those that you feel are noteworthy.</p> | <p>For each highlighted experience, answer the question, "What have I gained from that event or experience; how has it helped me develop as a person, or what lessons have I learnt?"</p> |
| | |