

# 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>