## Activity 2.1 Taking stock of my experiences over time

*We suggest spending around 15 minutes on this activity*

Now make some notes on the questions below:

Everyone’s ups and downs are different.

* Do you have anything in common with Lesley’s experiences?
* Do you have anything in common with Scott’s experiences?
* What is different about your experiences?
* What period of your life would you like to reflect on and put into a timeline?

If you are working in a group, or with a mentor, you might want to share your answers and discuss your notes with each other.

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| **My notes** |
| Write your comments here. |