## Activity 2.4 Learning from my experience

*We suggest spending around 15 minutes on this activity*

Look at your timeline again and think about what you have learned from your experiences. Looking over the ups and downs, does it help you to recall how you felt at each point? What did you learn from each situation? Perhaps you found out more about your individual qualities and your ability to just keep going: qualities such as resilience, adaptability or reliability?

You can add your learning points to your timeline in a different colour.

If you’re working with a group, you can share and discuss your learning points with others if you’d like to. Add your learning points to the hand-drawn timeline that you created in Activity 2.2.