## Activity 2.3 Learning from my experience

*We suggest spending around 15 minutes on this activity*

In the previous activity, carers looked at their life experiences, focusing particularly on their caring roles. You may also find it interesting to try this activity for yourself.

Look at your timeline again and think about what you have learned from your experiences. Looking over the ups and downs:

* Does the timeline 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?

If you’re using [bubbl.us](http://bubbl.us/) you can add your learning points to your timeline in a different colour. You can find out how to do this in the [bubbl.us](http://bubbl.us/) help section. Once done, you can save your new image as a .JPG file and insert it into the space below.

If you prefer not to use bubbl.us, don’t worry – pen and paper will do just as well. Add your learning points to the hand-drawn timeline that you created in Activity 2.1.

If you’re working with a group, you can share and discuss your learning points with others if you’d like to.

Add your amended timeline here.