

Reflect on one of the life experiences that you identified on the profiling tool

Experience: Describe the experience, what happened?

Knowledge: What do you know now that you did not know before you had the experience?

Skills: What can you do now that you could not do before you had the experience, or can do better now because of the experience?

**Reflections:**

What were your feelings and thoughts? What did you do well? What would you do differently? What values did you use?

**Application:** Think of a situation in which you could apply what you have learned.