

EXPERIENCE JOURNAL

Experience: _____ Date: _____

What did I learn? What skills did I develop?

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A mind that is stretched by a new experience can never go back to its old dimensions.

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We know what we are, but not what we may be.

- William Shakespeare (in Hamlet)

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Five challenges I learned something from:

- 1
- 2
- 3
- 4
- 5

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Colour code rating: Excellent Good Ok Not great