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While we are all born with our own individual mixes of personal qualities, attributes and talents, it is the experiences that we have throughout our lives which contribute to shaping who we are. To strive, thrive and flourish in all areas of our lives, we need to be connected to the present, moment by moment, to benefit from our experiences.

Never disregard even the smallest thing which you observe or experience; it could be a defining moment for you. Keep this document saved and add to it as you learn more about yourself from the experiences you have.

This is a work in progress for you to adopt positive growth mindsets to build your living, learning and thinking power.

Date	The Experience: What happened, why did it happen and how did it happen?	What did you learn and how did you benefit?	How did you feel?
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