

## **Using Experience to Ground Your Work**

Instructions : the purpose of this exercise is to provide you with a fresh perspective on how it feels to reflect on experience consciously and to learn from it –what it feels like to “sit at the feet of your own life and be taught by it” (Berends, 1990, p 8).

1. What have you learned from mistakes you have made?
2. What have you learned from your successes?
3. What dilemmas do you face on a daily basis?
4. What lessons have you learned from those experiences?

### **Reflection**

1. What was it like to address these questions?
2. How would rate the level of difficulty?  
Easy -----Difficult
3. What did you learn about yourself in going through this exercise?