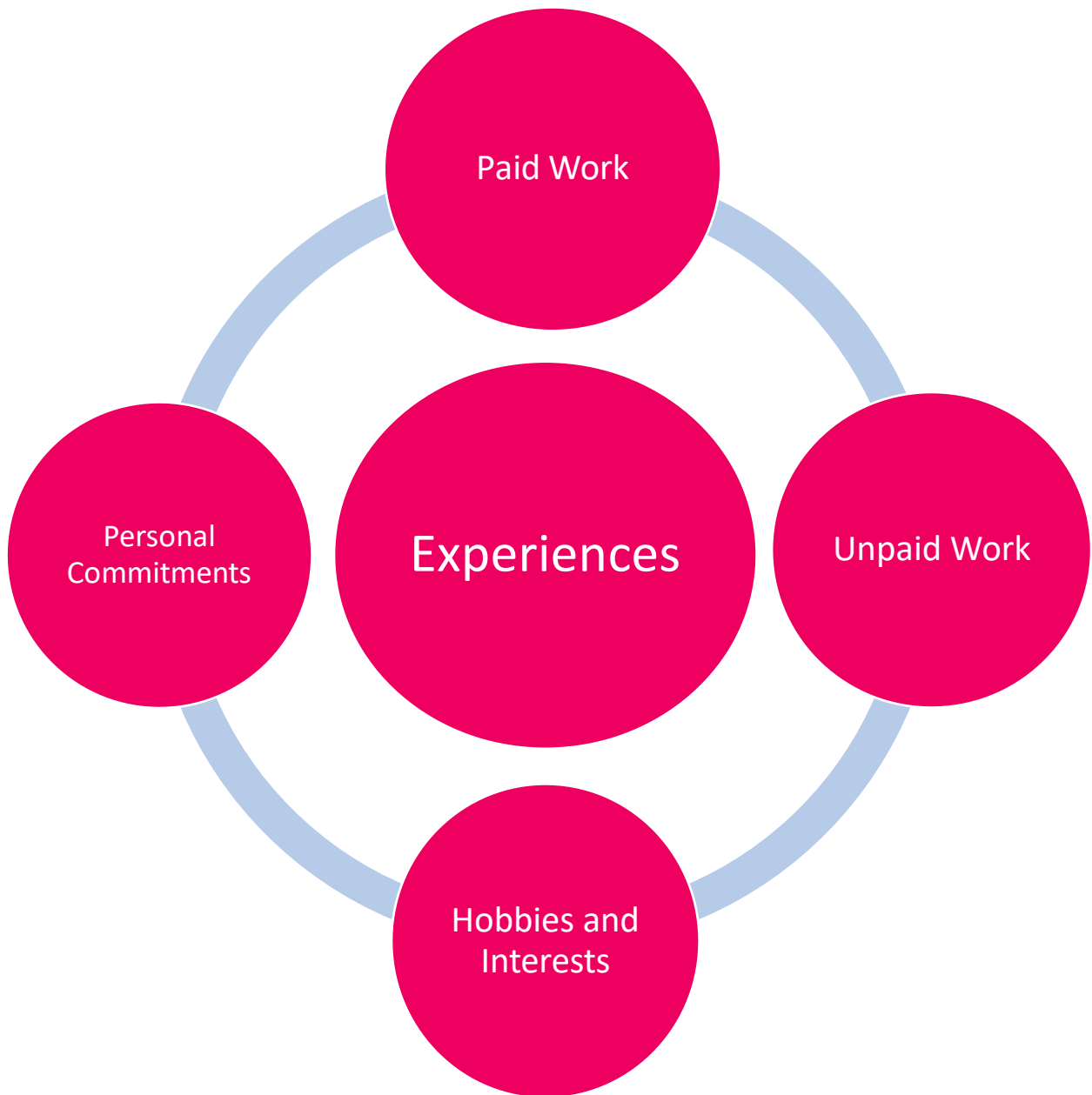


My Experiences

Draw a mind-map of your relevant experiences using the following categories. Unpaid work may include any voluntary work such as doing the administration for a club you are involved in, or a work experience placement which you undertook at school. Hobbies and interests could include playing a sport or completing a personal challenge. Personal commitments could include caring for family.



Now reflect on these experiences. Were there particular elements about them that you enjoyed?

What specific tasks gave you the most satisfaction?

Which elements were not enjoyable as these are equally important to identify.