**Experiences Unwrapped**

Briefly what happened?

How did I evaluate (interpret)/appraise (what comes of this?)/attribute (what could this mean) the situation?

How I felt at the time and what I would do differently now?

What have I learned? How do I put it to use now?

How long did it take to see a new opportunity?

How did this event influence my life for the better?

Recognizing the onset of my adaptation to the event. How have I maintained this process?