

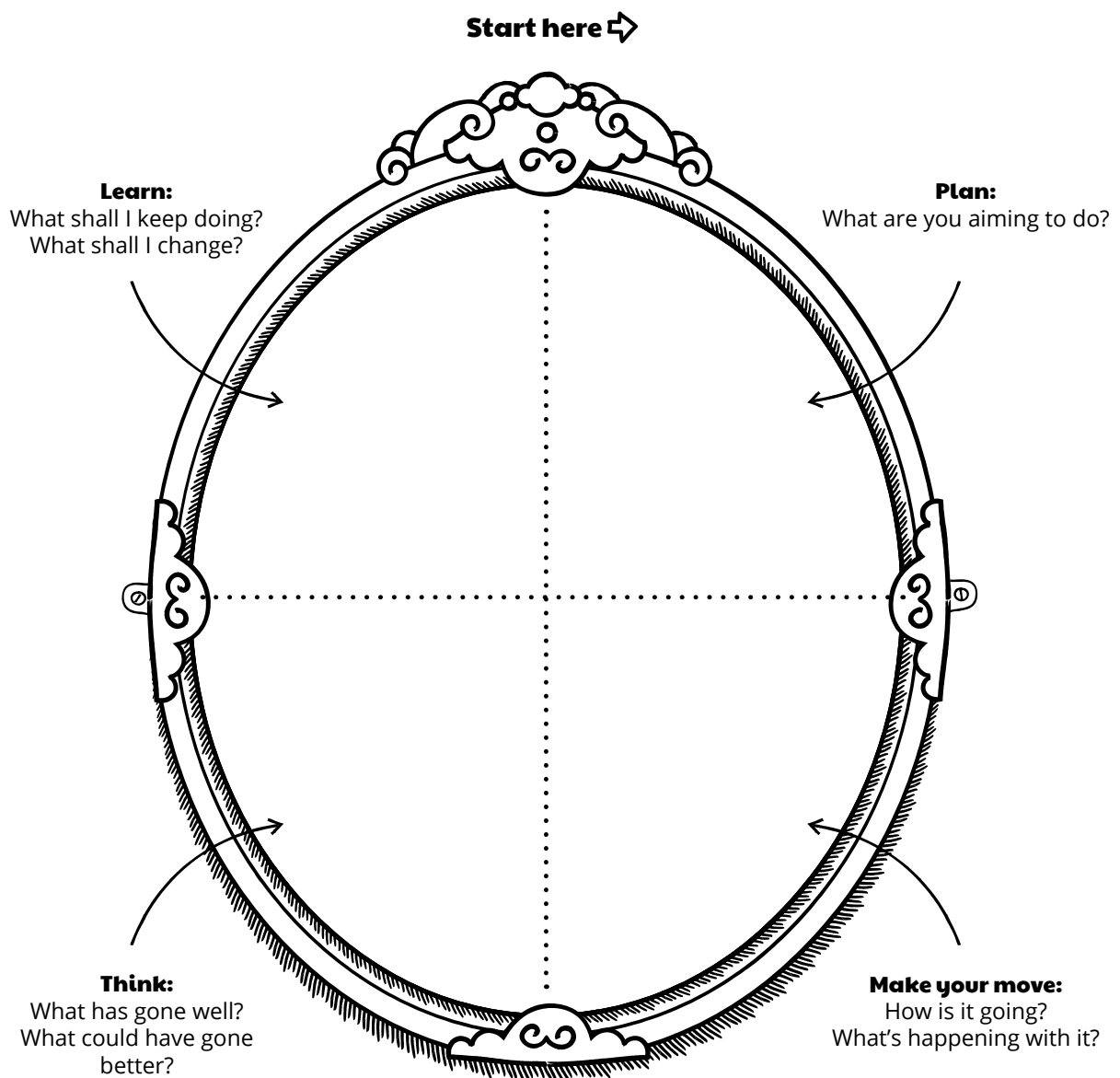
# Learning from experience - good and bad

## Activity

### Mirror for the mind

When it's time to think about the progress you've made, take a long hard look in the mirror. But not just any old mirror, for this kind of reflection, you need a mirror for your mind.

Answer each of the mirror's questions. Be honest. Be thoughtful. It will help you see how far you've come and help you to plan your next steps.



P.S. There's more help on learning from experience in the Start Bouncing section of the Bounce Back website: [www.bouncebacknewham.co.uk](http://www.bouncebacknewham.co.uk)