

# What Experiences Have You Had?

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*We may take for granted the experiences we've had that have allowed us to become the people we are and enjoy the lives we do.*

Put a check mark in every box where you've had experience, no matter how long ago it may have been.

Lost your car keys	Played around on the computer	Had your grammar corrected by your parent or grandparent	Opened a checking account
Purchased a home	Gotten a high school diploma or GED	Received a scholarship	Been encouraged to pursue a specific career
Played organized sports	Had your own room	Not missed a day during a school year	Eaten a lobster
Been helped with homework by a family member	Been on a swim team	Gone to summer camp away from home	Had more shoes than you had room in your closet
Your mother had her high school diploma or GED	One of more of your parents had some post high school education or certification	Been told you are special	Had a family friend or acquaintance give you a job or a recommendation
Received an allowance not tied to chores	Gone to a football game at a university or college	Visited the same doctor for at least two years	Enjoyed a park or green space near your home
Taken music or art lessons	Eaten at a restaurant with cloth table cloths	Written a thank you note	Learned table manners
Had parental help with a special school event	Participated in extracurricular activities	Volunteered in a program that served poor people	Had a party for your birthday
Attended live theater	Had your own library card	Had money left at the end of the month	Never been told you were stupid or a failure
Been able to get medications that you needed	Had clothes appropriate for any occasion	Traveled beyond the state in which you were born	Flown in an airplane
Enjoyed support for your dreams	Never been spanked	Gotten the exact glasses frames or contacts that you wanted	Been the teacher's pet
Gotten as much education as you desired	Felt unconditional love	Had at least one adult whom you respect and admire	Usually been in the racial majority in gatherings
Gone swimming in the ocean	Been praised for your report card	Been punished for your report card	Felt your family was relatively healthy