

Stories from Your Life – give clues to your Skills and Gifts

Select Stories

Remember experiences and accomplishments that have meant the most to you during your life. Think about accomplishments that you particularly enjoyed doing and that gave you a sense of “Yes!” You may have acted alone or as part of a team. Given your age and experience at the time, you did the activity fairly well. The achievements may not have been notable to others, but they were significant to you at the time and remain important now.

Examples:

- 1) You might think about your work, such as counseling troubled youth. Look at that work under the microscope and identify one particular person you counseled. Describe the specific relationship.
- 2) You may have worked on a planning team for an event. You may not have been the chair, but your involvement was important to you and to the final results. Describe the role you enjoyed playing in the project.
- 3) As a child, you could have built a tree house that became a special place for you. Even though it would win no architectural awards, you did a good job for someone your age and you gained a deep sense of accomplishment from it.
- 4) Writing in a journal might be an important activity for you, even though no one else reads it. Describe how you go about selecting the time, place and content of your journal entries.

Summarize Six Stories

Write at least six stories on the next page or another sheet. Write from your heart. These are not for publication. Include at least one story from your youth, one from your current work, and one from a leisure activity.

Consider these questions as you select the stories:

- At what times were you particularly effective?
- What did you do that you most enjoyed and that energized you most?
- What were the specific results?
- What made this accomplishment so meaningful to you?

NAME: _____ **DATE:** _____

Summarize Six Stories of Accomplishments from Your Life

1. Title _____

2. Title _____

3. Title _____

4. Title _____

5. Title _____

6. Title _____