

“Be Your Best” Insights

Leverage your natural strengths & personality



Begin at the End Exercise

This exercise required me to plan my future 10 years from now. In doing so I had to really consider what I enjoy and what I am good at. Working with people in a small group collaborate environment is strength and something I enjoy. Being physically fit has always been one of the things I have done.

Autobiography Exercise

- Elementary School
 - Went to the neighborhood elementary school
 - Made a lot of great friends that I'm still friends with to this day
 - Loved to play outside and I discovered my love of soccer
 - Won a contest when I was in 4th grade, got \$20,000 & got to travel to NY
 - Went on a family vacation to France
- Middle School
 - Traveled all over the US playing in soccer tournaments
 - Became very dedicated to my studies
 - Won the top math award for my school
 - Won the presidential award for having perfect grades through middle school
 - Realized what I liked about my classes, which led me to realize I would work best in the business world
 - Learned how to manage time well – between soccer and school
 - School was definitely a priority and I put in a lot of hours into it, winning the presidential award when I graduated, as well as the top math award
- High School
 - Went to a large public high school
 - Changed teams to a team that was an hour away. It was a big commitment to commute everyday that far, but the team had a lot of success
 - Played varsity soccer my freshman-senior year at my high school
 - Became very involved in ODP
 - Traveled to Costa Rica
 - Decided what college I was going to go to the summer between sophomore and junior year (there was a lot of pressure since I was so young)
 - Made a lot of new friends, who I'm still great friends with to this day
 - Worked very hard to get good grades in high school
 - Took a lot of honors and AP classes
 - Graduated valedictorian
 - Became very involved in sports and I helped manage the boys basketball team
 - Became very good at managing my time since I had to travel so far for soccer
 - Won a scholarship for college

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- Professional Life – College
 - By playing soccer I am able to attain valuable teambuilding skills
 - Group projects allow me to lead and work within groups
 - Time management skills have been acquired since I balance D1 soccer, school, a social life, charity work, and my job
 - My business degree will be valuable for my career in the business world

Accomplishments Exercise

Personality Exercise

Strong Interest Inventory Exercise

Strong & Meyers-Briggs Exercise

Skills Exercise

Strengths Exercise

Stories Exercise

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Drivers Exercise

Meaning Exercise

Economic Engine Exercise