# My Accomplishment Stories

**Instructions:** In this activity, you will use stories of your past accomplishments to aid you in identifying your top skills and strengths.

1. Identify three (3) different events from your past that you are proud of. They can be events in your personal life, at school, on a sports team, at work, etc. Perhaps it was a time when you went “above and beyond” what would normally be expected, a time when you "beat the odds", took initiative, or came up with a solution to a complex issue, perhaps a time when you received special recognition/awards, were promoted or led a project.
2. Using the charts below, document the details of each story.
3. Think critically about HOW you were able to accomplish what you did. Review your stories and look for evidence of skills. Dig deep, accomplishments typically require the use of multiple skills together, try to identify at least 5-8 for each story.

## Story 1

| **Questions** | **Your story details** |
| --- | --- |
| Set the stage for the story; describe the situation, challenge or opportunity you were faced with. |  |
| What were the obstacles you encountered during this story? |  |
| What did you do to overcome those obstacles and how did you do it? Be as specific as you can. |  |
| What was the end result? What did you learn from this? What feedback did you get from others? |  |

**What 5-8 skills is this story evidence of?**

Click or tap here to enter text.

## Story 2

| **Questions** | **Your story details** |
| --- | --- |
| Set the stage for the story; describe the situation, challenge or opportunity you were faced with. |  |
| What were the obstacles you encountered during this story? |  |
| What did you do to overcome those obstacles and how did you do it? Be as specific as you can. |  |
| What was the end result? What did you learn from this? What feedback did you get from others? |  |

**What 5-8 skills is this story evidence of?**

Click or tap here to enter text.

## Story 3

| **Questions** | **Your story details** |
| --- | --- |
| Set the stage for the story; describe the situation, challenge or opportunity you were faced with. |  |
| What were the obstacles you encountered during this story? |  |
| What did you do to overcome those obstacles and how did you do it? Be as specific as you can. |  |
| What was the end result? What did you learn from this? What feedback did you get from others? |  |

**What 5-8 skills is this story evidence of?**

Click or tap here to enter text.

## Review the skills you identified for all three stories. Do you see trends? Are there a few skills that show up multiple times? These are your core strengths, document them below.

Click or tap here to enter text.