The Shape of ______'s story

Discover the relationship between success and failure and what's brought you satisfaction in life

*This should take 10-15 minutes to complete.



Happiness

1. Begin with listing all your key moments, ups and down in life on a seperate sheet of paper. Start from your childhood, highschool or the start of your career, it is up to you. No need to do it in chronological order.



2. Mark your most memorable life moments with a dot and a keyword on the graph: higher for bigger successes and lower for tougher failures.



3. Connect the dots and consider what brought about the changes between the ups and downs. Were they outside events, decisions you made, or something else? Use the space below to fill in what made a difference.



4. Implement
Looking at all your
successes and
struggles, what are
you most proud of?
Are these things
represented on your
resume?

Satisfaction			
Failures Misfortune			
Misfortune Hard moments			