

7 STORIES EXERCISE

Analyzing your past accomplishments is one of the best ways to identify your core skills and strengths. No standardized assessment can yield the type of unique and personalized data this exercise can provide and ultimately shed light on jobs and careers that might be the best fit for you. In addition, this exercise provides helpful information that will also help you with craft your resume and prepare for interviews.

List 7 accomplishments that are most important to you and rank them accordingly. ***They should be things that you feel you did particularly well but also that you enjoyed doing.*** They do not necessarily have to be work-related; they can also be from volunteer activities, hobbies or even from your childhood if particularly significant or meaningful.

Describe each accomplishment, specifically outlining them in the following format:

- CHALLENGE or CONTEXT
- ACTION
- RESULT

If the accomplishment was a team effort, be sure to be specific about the role you played and your relationship with others.

ACCOMPLISHMENT #1

CHALLENGE or CONTEXT:

ACTION:

RESULT:

SKILLS/STRENGTHS INVOLVED:

ACCOMPLISHMENT #2

CHALLENGE or CONTEXT:

ACTION:

RESULT:

SKILLS/STRENGTHS INVOLVED:

ACCOMPLISHMENT #3

CHALLENGE or CONTEXT:

ACTION:

RESULT:

SKILLS/STRENGTHS INVOLVED:

ACCOMPLISHMENT #4

CHALLENGE or CONTEXT:

ACTION:

RESULT:

SKILLS/STRENGTHS INVOLVED:

ACCOMPLISHMENT #5

CHALLENGE or CONTEXT:

ACTION:

RESULT:

SKILLS/STRENGTHS INVOLVED:

ACCOMPLISHMENT #6

CHALLENGE or CONTEXT:

ACTION:

RESULT:

SKILLS/STRENGTHS INVOLVED:

ACCOMPLISHMENT #7

CHALLENGE or CONTEXT:

ACTION:

RESULT:

SKILLS/STRENGTHS INVOLVED: