



**Exercise 1. Review of a Successful Activity or Event.**

Success Project / Activity	
What was your Role & Contribution?	
What Skills or Talents helped you shine? <ul style="list-style-type: none"><li>• Leadership</li><li>• Analytical</li><li>• Communication</li><li>• Etc.</li></ul> Did you identify any limitations to your talents & skills?	
What behaviors did you exhibit that allowed you to succeed? <ul style="list-style-type: none"><li>• Courage</li><li>• Empathy</li><li>• Risk-Taker</li><li>• Etc.</li></ul> What behaviors or feelings did you find challenging in executing the project?	
<ul style="list-style-type: none"><li>• Did you have external interests, hopes or desires that motivated you or helped you to succeed?<ul style="list-style-type: none"><li>○ Hope for bonus or promotion</li><li>○ Desire to try new challenges</li></ul></li></ul>	
Ask yourself, “Did you have fun? Was the project or event enjoyable? Would you want to do that project again?”	
What was the outcome of the project and how did your effort contribute to its success?	



### Exercise 2. Review of a Challenging Activity or Event.

Challenging Project / Activity	
What was your Role & Contribution?	
What Skills or Talents did you apply? <ul style="list-style-type: none"><li>● Leadership</li><li>● Analytical</li><li>● Communication</li><li>● Etc.</li></ul> Did you identify any limitations to your talents & skills?	
What behaviors did you exhibit that may have impeded progress? <ul style="list-style-type: none"><li>● Fear of failure</li><li>● Impatient</li><li>● Risk-Averse</li><li>● Etc.</li></ul> What behaviors or feelings did you find challenging in executing the project?	
<ul style="list-style-type: none"><li>● Did you have external interests, hopes or desires that motivated you or helped you to succeed?<ul style="list-style-type: none"><li>○ Hope for bonus or promotion</li><li>○ Desire to try new challenges</li></ul></li></ul>	
Ask yourself, “Did you have fun? Was the project or event enjoyable? Would you want to do that project again?”	
What was the outcome of the project and how did you perform?	



### Exercise 3: Imagining a Career Path

<b>Timeline</b>	<b>Profile 1</b>	<b>Profile 2</b>	<b>Profile 3</b>	<b>Lessons</b>
<i>Current – Title</i>				
<i>15-20 Years</i>				
<i>8-10 Years</i>				
<i>3-5 Years</i>				
<i>Special Skills</i>				
<i>Training / Education</i>				