“Accomplishments Exercise”

- Choose a situation, project, or task, where you felt you were “at your best.” Ideally, the example should be from work, but you may also identify a non-work situation.

- Write a few paragraphs that address the following:
  
  **Challenges:**
  - What was the issue?
  - Who was involved?
  - What was at stake?
  - What problems or obstacles had to be overcome?

  **Actions:**
  - What did you do?
  - What kinds of decisions did you need to make?
  - How did you go about solving the problem?

  **Results:**
  - What happened?
  - What was the effect?
  - How were results measured either quantitatively or qualitatively?

- Reflect on the example:
  
  - What did you notice about the **skills** involved?
  - What did you find most interesting and **rewarding** about the accomplishment?
  - What do these examples say about what you **value** at work?
  - Has your sense of accomplishment or **success** changed over time?