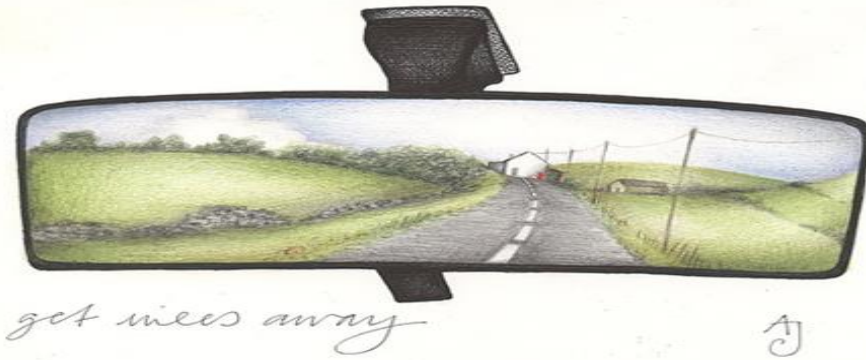


Skills Exercise

Storytime - Looking Back



EXPERIENCES

Look back over your life.

When have you felt **engaged, excited, focused** and **energized**?

Think of...

- ✓ Activities that left you with **more energy** than you had at the beginning
- ✓ Activities during which you seemed to **lose all track of time**
- ✓ Activities that felt like **"fun"**
- ✓ Activities where you remember moments of **deep satisfaction** or **joy**

Below: Write a few phrases about exactly what you were doing during each of those times. Consider past jobs, internships, projects, classes, student orgs, hobbies, interests, etc. (*Tip: You can even go as far back as childhood!*)



SKILLS

AFTER you've written out **ALL** your energizing experiences, go back over what you've written.

What underlying **SKILLS** can you identify? *How* were you using these skills? *With whom* were you using these skills? What role were you playing?

Pull out as much detail as you can about what made this experience significant.

EXPERIENCES

Example: One day my boss went out of town, so my coworker and I just started mapping out on a white board everything we did, how & why we did things, what our workflow processes were, who we connect with. I loved it! Afterward, I typed it up and later shared it with my boss. We planned a morning debrief session and I got to lead the conversation with our team.

SKILLS

Example: Figuring out how all the parts fit together (synthesizing?); Envisioning a more effective way to do stuff (strategy?); Improving - specifically the way we work together; connecting people? Leading; facilitating; persuading (my boss)

EXPERIENCES**SKILLS****1.****2.****3.****4.**

5.

6.

7.

8.

Reflect & Discuss

- Do you observe any recurring patterns or themes?
- What do you seem to be naturally drawn to?
- What activities seem to flow effortlessly for you?
- Based on this exercise, can you identify any of your top skills? If so, list them here.
- Based on this exercise, can you identify some of your key interests? If so, list them here.
- What does this exercise suggest you need to do next?