# 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.

### Example

**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)*
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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?