

## Assessing Your Skills (Peak Experience Stories)

This exercise will enable you to lay the foundation for assessing your interests, values and skills

### Developing Your Peak Experience Stories

**LIST:** List experiences from your past that are positive for you. These are things that you are proud of, that make you feel energized as you recall them. They can be anything from building a house to drawing a picture or running a race. It only matters how you feel about it. The standard to use in choosing items for this list is your own pride in feeling "I did that myself!"

Examples of pride experiences are:

- Created an innovative new procedure and trained staff how to use it
- Helped solve an important personal problem for an employee or neighbor
- Initiated a program, product or procedure at my job
- Successfully managed a difficult project to completion
- Taught myself how to create a web site by studying a how-to book
- Wrote an innovative database program to help my class manage a research project

Put items down in the order that they occur to you, without prioritizing them.

**CHOOSE:** From your list, choose the top 2-3 activities according to your pride in them, joy in doing them, and level of energy in recalling them. Identify these in order of preference.

**WRITE:** On a separate sheet of paper, write a short story (a paragraph) about each of your 2-3 favorite experiences.

- Accomplishments (professional/educational/personal)
- In which you took an active role, did well, enjoyed, and felt proud of
- Focus on what **you** did, not on the circumstance or what others did
- Use "I" in describing your actions, thoughts, feelings
- Describe what **you** brought to the situation

**IDENTIFY TOP SKILLS:** Read through your 2-3 peak experience stories and pick out the skills that you used to get the results you got. Or, read them to someone else and ask them to write down the skills that they heard in the story. These skills are your "top" skills because they are ones that you use naturally and that you enjoy using.

Peak Experience Stories
