

## 7 STORIES EXERCISE

*\*adapted from the work of Kate Wendleton, founder of **The Five O'Clock Club***

Analyzing your past accomplishments is one of the best ways to identify your core skills and strengths. No standardized assessment can yield the type of unique and personalized data that this exercise can provide, ultimately shedding light on jobs and careers that might be the best fit for you. In addition, the information and insights you generate by writing accomplishment stories will also help you when you craft your resume and prepare for interviews.

List the seven accomplishments that are most important to you and rank them accordingly. *They should be things that you feel you did particularly well but also that you enjoyed doing.* They do not necessarily have to be work-related; they can also be from volunteer activities, hobbies or even from your childhood. Describe them specifically, outlining them in the following format:

- CHALLENGE or CONTEXT
- ACTION
- RESULT
- SKILLS / STRENGTHS involved

If the accomplishment was a team effort, be sure to be specific about the role you played and your relationship with others.

### ACCOMPLISHMENT #1

CHALLENGE or CONTEXT:

ACTIONS:

RESULT:

SKILLS/STRENGTHS INVOLVED:

**ACCOMPLISHMENT #2****CHALLENGE or CONTEXT:****ACTIONS:****RESULT:****SKILLS/STRENGTHS INVOLVED:****ACCOMPLISHMENT #3****CHALLENGE or CONTEXT:****ACTIONS:****RESULT:****SKILLS/STRENGTHS INVOLVED:**

**ACCOMPLISHMENT #4****CHALLENGE or CONTEXT:****ACTIONS:****RESULT:****SKILLS/STRENGTHS INVOLVED:****ACCOMPLISHMENT #5****CHALLENGE or CONTEXT:****ACTIONS:****RESULT:****SKILLS/STRENGTHS INVOLVED:**

**ACCOMPLISHMENT #6**

**CHALLENGE or CONTEXT:**

**ACTIONS:**

**RESULT:**

**SKILLS/STRENGTHS INVOLVED:**

**ACCOMPLISHMENT #7**

**CHALLENGE or CONTEXT:**

**ACTIONS:**

**RESULT:**

**SKILLS/STRENGTHS INVOLVED:**