**Exercise: Your Success Stories**

Please complete the activity below and bring your stories with you to the workshop on 27 February.

1. Identify 5 accomplishments that you are most proud of. They could be small wins that you had fun with and brought you a sense of enjoyment or satisfaction. They are not limited to experiences in your working life, you can include all aspects of your life experience. Then you can work your way to the more serious life milestones.
2. Now write a story about each (at least half a page each). Each story should have roughly the following structure: What did you do? What was the goal? What obstacle or challenge did you face in trying to reach that goal? What was the outcome, and what did you learn/take away from the process?

If you cannot think of a story, here are some suggestions to get you going:

* Something you accomplished despite the odds being against you and people doubting you could do it
* Something you did that you would like to do again
* An experience you learned something from but at the time did not feel enjoyable
* An experience that required risk taking on your part
* Something that was exciting
* Something that made you feel a part of something much bigger
* Something that you look back on fondly
* If you still can’t think of anything, describe your five most enjoyable jobs, or roles in life