



Planning Your Future: Accomplishment Stories Exercise

Think back on the **positive experiences** you've had in your life, both inside and outside the classroom, and identify three instances where you felt **successful, proud** and/or **accomplished**.

Describe each of these three stories in enough detail so you can capture the context of the situation, the actions and steps that you took, the skills that you utilized, and the outcomes and results of your efforts.

Include:

1. **Your Goal/s**, what I wanted to accomplish or complete
2. **Some Kind of Obstacle** (or limit, challenge, barrier, hurdle, or restraint) you had to overcome before it could be accomplished
3. **What You Did, Step-By-Step** (It may help if you pretend you are telling this story to a 4-year old child who keeps asking, after each one of your sentences, "And then what did you do? And then what did you do?")

Example Outline: Where/how you acquired and what you did with the required Money, Materials, Information, Technology, Manpower, Authority and/or Time.

4. **Description of the Results** (What you **accomplished**, what was the **outcome** or **impact** you made)

Next Step: Now looking back to the skills checklist in the previous activity, identify the skills that you utilized in the experiences listed above, and highlight or underline them.

