

The Seven Success Stories exercise will help you identify your strengths and weaknesses when it comes to your skills and interests. For this exercise, you will write about 7 experiences in your life that were enjoyable and fulfilling, but that also presented an obstacle which you had to face and overcome. Each story should be approximately 2 pages long and include the following paragraphs:

1. Paragraph 1 should include the event, the problems you had to overcome, the subject matter, and other people who were involved, if any, and how you interacted with them.
2. Paragraph 2 should contain a detailed, step-by-step account of what occurred from beginning to end.
3. Paragraph 3 should include a complete description of the result, including qualitative results (“we had a successful event”) and quantitative results (“we saved \$150 on the supplies”). Make sure you include both positive and negative results.

After you write each story, you should examine each one to identify transferable skills. These skills may include physical skills, mental skills, or interpersonal skills. As you identify skills evident in each story, you will begin to be able to better understand each skills are strengths, and those skills in which you may need to improve. The latest edition of *What Color is Your Parachute?* By Richard Nelson Bolles may be helpful with your skills analysis. For more information on *What Color is Your Parachute?* Visit the website at www.jobhuntersbible.com. The information from this exercise could be used as part of your career development portfolio.

Some questions that you may want to ask yourself as you go through this process are:

- Did I get to the bottom of the problem?
- Did I correct the wrong turn?
- Did I negotiate the transition successfully?
- Was the conflict resolved?