SIX GREATEST ACHIEVEMENTS OF MY LIFE

Describe the six greatest achievements of your life on the lines below. After you have written your six greatest achievements, turn to the attached skill sheet. Now relive the first achievement. Look at the list of skills and check the skills used to accomplish this achievement. You may have as many as fifteen or twenty skills; list these skills under the achievement. Now, go back and choose the three skills that were most important in helping you to accomplish this achievement. List these three skills on the lines below your six written achievements. Compare the skills uncovered in these six achievements. Have you identify skills that you have used successfully in your life in general or in your career? Are there some newly identified skills that you have never considered as your strengths before? How might you be able to use these skills in increasing your self-confidence?

Achievement One

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

Skills Used: __________________________________________

______________________________________________________________________________

______________________________________________________________________________

Three important skills

1. ____________________________________________

2. ____________________________________________

3. ____________________________________________

How can I use these skills in my future life?

______________________________________________________________________________

Achievement Two

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

Skills Used: __________________________________________

______________________________________________________________________________

______________________________________________________________________________

Three important skills

1. ____________________________________________

2. ____________________________________________

3. ____________________________________________

How can I use these skills in my future life?

______________________________________________________________________________
Achievement Three

______________________________________________________________________________

______________________________________________________________________________

Skills Used:____________________________________________________________________

______________________________________________________________________________

Three important skills
1._________________________________ 2._________________________ 3.____________________

How can I use these skills in my future life?

______________________________________________________________________________

Achievement Four

______________________________________________________________________________

______________________________________________________________________________

Skills Used:____________________________________________________________________

______________________________________________________________________________

Three important skills
1._________________________________ 2._________________________ 3.____________________

How can I use these skills in my future life?

______________________________________________________________________________

Achievement Five

______________________________________________________________________________

______________________________________________________________________________

Skills Used:____________________________________________________________________

______________________________________________________________________________

Three important skills
1._________________________________ 2._________________________ 3.____________________

How can I use these skills in my future life?
Achievement Six

Three important skills

1._____________________________2.________________________3. ____________________

How can I use these skills in my future life?

YOUR SIX GREATEST ACHIEVEMENT SCORING SHEET

Five Primary Skills       Score

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

Example:

Primary Skill       Score

Communications       4/2

Decision Making       4/1

Details               3/3

Ideas                3/2

Follow Through        2/4

The Skills above are the highest primary skills and you should be using them regularly, developing them fully. These skills will help you to be more successful in your life.