

EXPLORING YOUR ACHIEVEMENTS

Choose the three (3) most meaningful achievements in your life and write them down.

1)

2)

3)

If you wish, you can reflect on your successes using these questions:

- Which achievements are you proud of?
- In what situations have you used your strengths to achieve something important for yourself?
- When have you gone beyond your own limits or completed something all the way to the end?

2. After this, consider the following questions for each achievement:

- What did you do to make the achievement possible?
- What qualities and strengths did you need for the achievement to be possible?

