

# My significant experiences

(from Radical Change in the World of Work: The workbook)

**Take** a moment to think back to things that you have done that you are proud of. These experiences could have been quite recent or they may have happened some time ago. They might be from almost any area of your life: work, home, school or leisure activities. Choose the experiences where you did something and were proud of the result. It does not matter what anyone else thought about it or even if anyone else knew about it. The important thing is that you did it and it made you feel proud.

Make a list of as many of these pride experiences as you can think of. If a bunch of these experiences don't immediately leap to mind, don't worry. When you list one, it may remind you of another. Go back as far as you like or as recently as you like, but make the list as big as you can. Record your pride list in the following table.

## Significant experiences table

What did I do?	When did this occur?	What was the result?	Why did it make me feel proud?

After you have completed the significant experiences table, take a moment to reflect on how you felt as you were doing it.

Describe your feelings below.

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## My significant future

The previous exercise was designed to get you thinking about past successes you have had. You will return to that information later, but for now shift your focus from the past to the future. Take a moment to think about doing something in the future that you would be proud of. In the chart below, record your next three accomplishments—three things that you would like to do and feel proud of. Do not worry about obstacles at this time. Simply record what you would like to accomplish.

## My next three accomplishments

What will I do?	What will the result be?	Why will I feel proud?

Once again, take a moment to reflect on how it felt to complete the chart.

Make a note of your feelings.

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Remember the positive feelings you expressed and to find a way to use them in some of the action steps you will be taking later. Attend to any negative feelings. They likely represent obstacles you will need to overcome during the action phase of your career planning.