

FIVE THINGS EXERCISE

1. What are 5 things that you like doing?
2. What are 5 things that give you energy?
3. What are 5 things that make you happy?
4. What are 5 things you are good at?
5. What are 5 things you're proud of?

SKILLS IDENTIFICATION EXERCISE

1. Describe an experience that makes you feel proud.
2. Describe a job (paid or volunteer) that you enjoyed.
3. Describe a leisure activity that you enjoy.
4. Describe a significant accomplishment in your life.
5. Describe an important learning experience in your life (may or may not be related to formal education).