

Best stuff exercise

The memorable accomplishments or experiences of your life

In this exercise you will identify and then describe eight specific accomplishments or experiences across your entire life that you:

- a) Enjoyed doing (it was fun and satisfying)
- b) Believe you did well (you provided high quality)

These may be related to work, home, leisure, projects, or relationships. To keep in mind:

- Focus on the highlights in your life, regardless of when they occurred. Perhaps all your memorable experiences occurred before you were twenty years old, or after you were married. You don't need to spread them out.
- Identify what was important to you, not what other people might think was important.
- Relate specific achievement experiences, not general ones.

Write a short summary statement in the table over the page about each of the eight achievements or experiences:

- How did you get involved?
- Elaborate on what you did.
- What was particularly enjoyable, fulfilling, or satisfying?
- What skills, abilities or talents did you use?

Look at your notes.

Do you see any common threads? (ie being in the public eye, adventure, diversity, newness, enduring relationships, leadership, risk taking, troubleshooting, giving, selling or motivating, seeing other people grow from your mentoring, addressing a tough task you addressed and conquered, creative acts, altruism)

From these common threads, make a first pass at naming what you believe are your gifts. (ie inspiration, leadership, dealing with the power brokers of the world, serving the downtrodden, intuition, relationship building, intensity, ability to focus, decision-making, conflict resolution, planting seeds, nurturing small plants, harvesting the crop).

You may also consider sharing your eight experiences with others and asking for their reflection on the themes they hear.

Consider how you can integrate more of the best stuff into your work and life.

What was the achievement or experience and how did you get involve?	What did you do?	What did you most enjoy?	What skills or talents did you use?