

My 10 Stories

Describe in detail a minimum of 10 stories of events from your past where you were involved in a project, job or activity (choose from your 50 activities list) where you enjoyed it and felt you were very successful and felt a sense of satisfaction from it. Be sure in each story you

1. Describe what you did
2. How you did it.
3. Who or what
4. What was the satisfaction you gained from the activity?
5. Be specific what was it about the activity that felt so satisfying?

Story 1

Story 2

Story 3

Story 4

Story 5



Story 6

Story 7

Story 8

Story 9

Story 10

Then circle the actions you took. Underline who or what you served and put a box around the statement of what felt o satisfying. Finally review each of those and look for common threads.