

Pride Exercise

(modified from Schiebelbein, 2001)

Accomplishment	Activities	Skills and Knowledge	Source of Excitement

1. Identify things that you have done in your life that are a source of real pride for you. Pick three to ten examples where you were a significant actor and where you truly enjoyed yourself in the process, and list these in the "Accomplishments" column. You do not have to limit yourself to work - or school - related achievements; also consider accomplishments from your volunteer and extracurricular activities and your personal life.

2. In the "Activities" column, list the things that you did that led to the accomplishment.

3. In the "Skills and Knowledge" column, list the skills that you had to use or develop in order to complete the activities described in the "Activities" column. This third column provides an inventory of your skills.

4. Take particular note of the skills used in more than one of your accomplishments. These represent your strengths.

5. Also take note of the skills and knowledge that you enjoy using the most and that you would like to use in your future work.

6. Finally, reflect upon what excited you about the accomplishments you have listed? Your sources of excitement give you insight into your interests and values. Make notes about the interests and values that are reflected in your accomplishments.

7. It is sometimes useful to verify your self-understanding with others who know you well. Share the strengths, interests and values that you have identified, and ask your friends and relatives, "Do you think these apply to me?" You can also expand your list of strengths by asking these people what they would identify as your particular talents.