



# The Seven Stories Exercise®

*Ensure the right career direction by identifying your enjoyable skills*

This exercise is an opportunity to examine the most satisfying accomplishments of your life and to discover those skills you will want to use as you go forward. Reflect on the accomplishments throughout your life that you enjoyed doing. (For best results in completing this form open in [Adobe Acrobat Reader](#).)

## PART 1 - YOUR MOST SATISFYING ACCOMPLISHMENTS

List *at least 20* personal, life, and work accomplishments that meet the above definition. List enjoyable accomplishments from different parts of your life: your youth, your school years, your early career up to the present, etc. Write down anything that occurs to you, no matter how insignificant it may seem. **Try to think of concrete examples, situations, and tasks, not generalized skills or abilities.** Ask yourself, “**There was the time when I enjoyed [an accomplishment] . . .**”

### Generic Accomplishments

Delivering speeches  
Cycling



### Concrete Accomplishments

Delivered speech to get German business.  
Came in third in the Nassau Bike Race.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
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23. \_\_\_\_\_
24. \_\_\_\_\_
25. \_\_\_\_\_
26. \_\_\_\_\_



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## PART 2 – ANALYZING YOUR SEVEN STORIES

**Choose seven accomplishments** that you enjoyed the most. **Rank them, write them down, and analyze them** by answering the following questions:

- What was the main accomplishment for you?
- What about it did you enjoy most?
- What did you do best?
- What was your key motivator?
- What led up to your getting involved? (e.g. I was assigned it, I thought it up)
- What was your relationship with others? (e.g. leader, worked alone, inspired others, team member)
- Describe the environment in which you performed
- What was the subject matter?

### Story #1:

Accomplishment:

Enjoyment:

What did you do best?:

Motivator:

Why involved?:

Relationship:

Environment:

Subject:

### Story #2:

Accomplishment:

Enjoyment:

What did you do best?:

Motivator:

Why involved?:

Relationship:

Environment:

Subject:

### Story #3:

Accomplishment:

Enjoyment:

What did you do best?:

Motivator:

Why involved?:

Relationship:

Environment:

Subject:



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## Story #4:

Accomplishment: \_\_\_\_\_  
Enjoyment: \_\_\_\_\_  
What did you do best?: \_\_\_\_\_  
Motivator: \_\_\_\_\_  
Why involved?: \_\_\_\_\_  
Relationship: \_\_\_\_\_  
Environment: \_\_\_\_\_  
Subject: \_\_\_\_\_

## Story #5:

Accomplishment: \_\_\_\_\_  
Enjoyment: \_\_\_\_\_  
What did you do best?: \_\_\_\_\_  
Motivator: \_\_\_\_\_  
Why involved?: \_\_\_\_\_  
Relationship: \_\_\_\_\_  
Environment: \_\_\_\_\_  
Subject: \_\_\_\_\_

## Story #6:

Accomplishment: \_\_\_\_\_  
Enjoyment: \_\_\_\_\_  
What did you do best?: \_\_\_\_\_  
Motivator: \_\_\_\_\_  
Why involved?: \_\_\_\_\_  
Relationship: \_\_\_\_\_  
Environment: \_\_\_\_\_  
Subject: \_\_\_\_\_

## Story #7:

Accomplishment: \_\_\_\_\_  
Enjoyment: \_\_\_\_\_  
What did you do best?: \_\_\_\_\_  
Motivator: \_\_\_\_\_  
Why involved?: \_\_\_\_\_  
Relationship: \_\_\_\_\_  
Environment: \_\_\_\_\_  
Subject: \_\_\_\_\_



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## PART 3 – SKILLS FROM YOUR SEVEN STORIES

For each of your seven stories, list all the enjoyable skills that appear in your story. For a list of skills, please see the following reference: <http://examples.yourdictionary.com/examples-of-skills.html>

My Seven Stories	My Enjoyable Skills
Story 1	
Story 2	
Story 3	
Story 4	
Story 5	
Story 6	
Story 7	

What are your top six enjoyable skills?  
(i.e. which skills appeared the most often?)

My Top 6 Enjoyable Skills	
1	
2	
3	
4	
5	
6	