Experiences of Life Identification Exercise

In what Experiences have you had success, victory, or triumph? The experiences listed below are listed as examples. Reflect upon your life experiences and write them below.

_____ **B**eing asked and successfully coordinating an event.

_____ **B**udgeting finances and staying within the budget.

_____ **B**uilding an addition to your home.

_____ **B**uying a jump rope and learning how to walk through a jump rope.

_____ **C**hanging a behavior – like learning to ride a bike, ballroom dance, or an addiction (i.e. stopped smoking), etc.

_____ **H**aving someone quote you or expand on your words.

_____ **H**elping someone overcome or work through a struggle in their life.

_____ **L**earning tolerance or acceptance.

_____ **O**vercoming prejudice or bias in ....

_____ **P**romotion in your company because of leadership abilities.

_____ **P**utting others first by sacrificing.

_____ **R**ecognition in an area through serving.

_____ **T**aking over a dying group and revitalizing it.

_____ **T**rying out for a school play and getting the lead role.

_____ **V**oted the captain of your football team.

_____ **O**thers _____

Transfer the experiences in your life that have most affected or impacted your life to the Finding Your PLACE profile.