

Your Accomplishments

In the boxes below, list any accomplishments that you have in each category. If you have accomplishments that don't fit into any of the boxes, write them in the blank box. Continue in your writing journal if you need more space.

The Arts

(music, dance, theatre, painting, etc.)

Sports

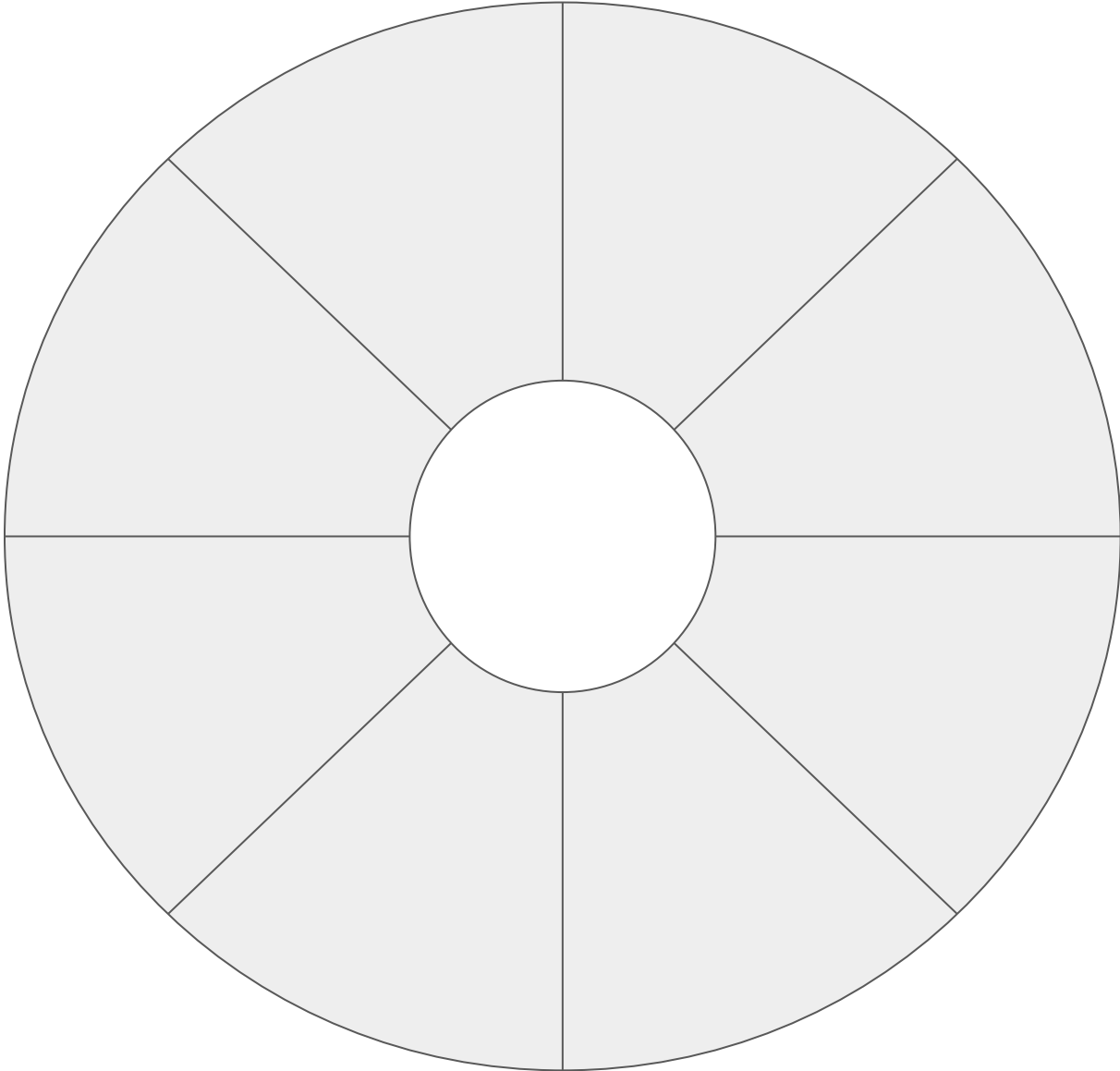
(Made the baseball team, placed in a swim meet, etc.)

Academics

(Honor Roll, AP credits, etc.)

Your Strengths

Choose the activity that you're the most proud of, from page 2. Write that activity in the middle circle, below. In the wedges around the activity, write the character traits you had to exhibit to achieve that accomplishment. Examples: integrity, tenacity, dedication, etc.



Your Strengths

Choose the accomplishment on page 2 that you're most proud of. Answer the questions below to reflect on that activity and the character traits you used to achieve it. Continue in your writing journal if you need more space.

Which accomplishment did you choose and what did you do to practice or prepare for the achievement?

Describe how you felt when you earned this accomplishment.

Describe how you utilized the strengths you identified, on page 3, to achieve this accomplishment.

What is 1 other example of how you utilize any of the strengths you listed in your everyday life?

What advice do you have for someone who wants to achieve something similar to you?

Your Narrative

Last, write a narrative that uses your answers to the reflection questions to develop the experience or event of your achievement. Continue in your writing journal if you need more space.
