

Crossing Thresholds

Module 3 Important Pre-work

This exercise will help to highlight the attributes that you bring to any situation and form the basis for your 'Personal Brand'

People often take their achievements and attributes for granted. "If I can do this it can't be that great!" This is an opportunity to step back and think about them. They often reveal your unique approach to life.

The achievements should be about personal satisfaction from within, rather than focusing on events which might make headline news or gain acclaim from others. Examples could include passing your driving test, organising a family event, taking on a project at work or gaining a promotion. It is good to have a balance of work and personal and can span from your earliest memory to present day.

Write a list of your 10 most satisfying achievements.

1

6

2

7

3

8

4

9

5

10

From the list, choose 5 and write a paragraph on the how, what and why for each example, with the emphasis on the how and the what.

1

2

3

4

5

Don't over-think it, you would normally only have 20 minutes to do this. **Please bring this to the module.**