

## Satisfying Achievements at Work

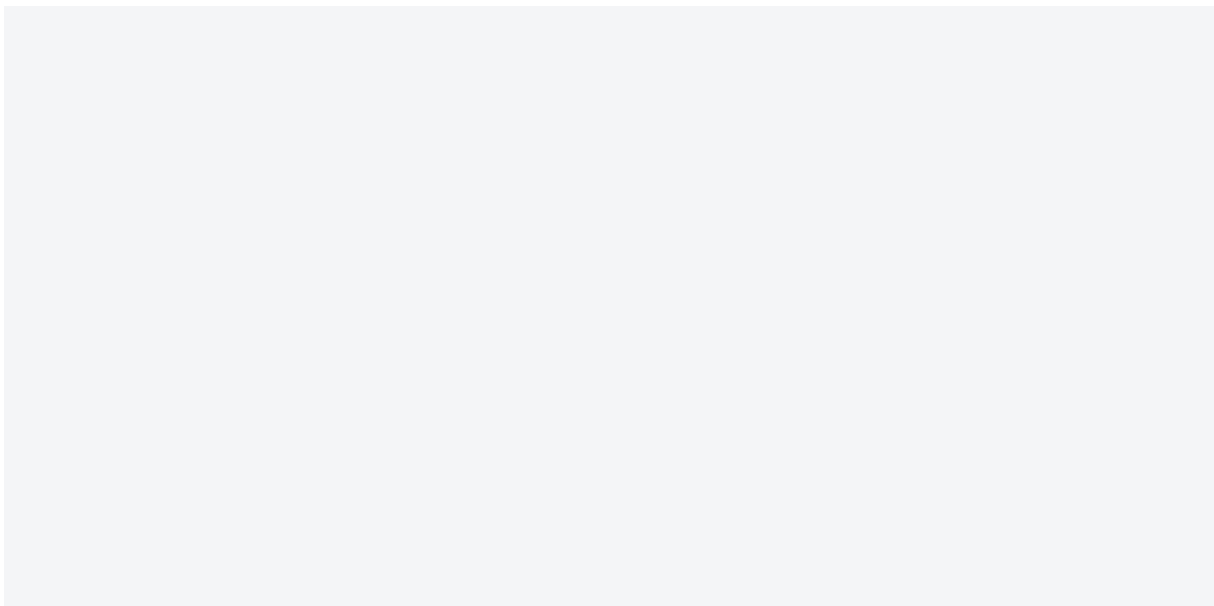
Focusing on positive achievements is a positive way of raising self-esteem and identifying skills that may be useful later in someone's career (Nathan & Hill, 2006).

The table below identifies several key accomplishments, what was important about each one, and the skills and qualities involved.

Complete the table on the next pages as follows:

- In the second column, describe four of the most satisfying achievements across any aspect of your life.
- In the next column, write down what you found satisfying about each achievement.
- Then, in the final column, capture the skills and qualities you used.
- Finally, in the following box, reflect and write surprises or patterns you can identify.

Reflect on the answers in the table. What surprised you most? Are there any themes or patterns in the skills and qualities you use?



The answers will help identify skills and qualities clients may seek to use (and benefit from) in future roles.

### References

- Nathan, R., & Hill, L. A. (2006). *Career counselling*. London: SAGE Publications.

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Number	Briefly describe the achievement.	What did you find most satisfying regarding the achievement?	What skills and qualities did you use?
1			
2			
3			
4			