

Sample: Life Highlights Exercise

NOT ENOUGH DETAIL:

Building Lego things with my daughter...

BETTER:

Sitting on the floor on a Sunday afternoon with my daughter with Lego literally everywhere. We had about 4 unrelated Lego sets out...the instructions were somewhere. But we were making things up as we went along. Yoda was the figure of choice. Together we built a creation from our imagination. We were frequently looking for a lego piece that was just the right size, When I found one for her...she lit up and found a place for it. Once she started building, I could hardly keep up with her. We searched for particular pieces, when we found it we lit up. It was fun, it was messy...and things came together wonderfully. If we'd planned things, it wouldn't have been so fun. We didn't finish the thing that night. I can't even really remember now what the creation looked like, I just remember the fun and the bond we felt. This is often how my daughter bonds with me, through side by side play...and in the middle of it...she'll open up about her friends, her problems...she doesn't talk easily.

If you look at just this one life highlight experience you can extract interests, skills, personality characteristics and values. A few are displayed in this table.

Interests	Skills	Personality	Values
-bringing ideas to fruition -helping others achieve their goals, helping them find their pieces -using hands to touch and build something	-interpersonal -communication -getting reluctant people to open up and talk	-curious -helpful -caring	-creativity -fun -collaboration -the process -authentic connections

Imagine if you saw this person's entire list of highlights-you would know a LOT about her.

Guess what she does? She's a Career Advisor...