

SOMETHING TO "CROW" ABOUT

Instruction: From personal or professional experience, select a specific accomplishment that you are proud of (whether or not it was recognized by others). Complete the following:

Challenge: (What was the specific problem or opportunity?)

Responses: (What were your 5- 10 key responses to meet the challenge?)

Outcome(s): (What was accomplished as a result? Use specifics.)

Awarenesses: What did you learn about yourself? (e.g. strengths, personality traits, needs, preferences, values, other key energizers or motivators, etc.)