

Positive Experiences

Think back over your past and then write down three significant achievements/experiences in each area (remember: significant to you – not necessarily to the world):

Personal Achievements:

1. _____
2. _____
3. _____

Vocational Achievements:

1. _____
2. _____
3. _____

Relational Achievements:

1. _____
2. _____
3. _____

Educational Achievements:

1. _____
2. _____
3. _____

Spiritual Achievements:

1. _____
2. _____
3. _____

After completing this list of 15 experiences, select the top three and briefly describe the experience including the major facts and feelings you experienced during this great time in your life.

1.

2.

3

Painful Experiences

Think back over your past and then write down three (as many as you can remember) painful experiences in each area.

Personal Points of Pain:

1. _____
2. _____
3. _____

Vocational Points of Pain:

1. _____
2. _____
3. _____

Relational Points of Pain:

1. _____
2. _____
3. _____

Educational Points of Pain:

1. _____
2. _____
3. _____

Spiritual Points of Pain:

1. _____
2. _____
3. _____

As you did before, review these 15 experiences and select the three most painful/significant and then write a brief description of those experiences.

1.

2.

3.