

Think of 20 examples of times in your life that you enjoyed doing something and felt that you did it well. This may take sometime to think through. Write down a few words, or a sentence next to each line about what the example was to help remember the moment.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
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- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.

Circle, Star, or Highlight the 7 stories that you believe were the most meaningful.

Now, look at those 7 stories and look for patterns, ways they are similar, or what they have in common.

- What is it that you enjoyed about them?
- What do you feel you did best?
- Why did you do it?
- What was your relationship in those activities with other people?
- How does this play to my strengths and interests?

This activity is meant to give youth an opportunity to think through specific moments in their lives to reflect on things that they are good at and what they enjoy doing. As caring adults you can ask follow-up questions and help youth make connections between their skills, interests, and strengths to possible careers that they can explore.

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