

Accomplishment Story Triggers

Your stories must be true and in context with the work you are seeking. Use the following framing statements to trigger ideas for your accomplishment stories.

1. A time in your life when this skill/characteristic was tested.
2. A person/event in your life that taught you the importance of this skill/characteristic.
3. A time when you failed to live up to this skill/characteristic and decided to never let it happen again.
4. A movie/story/book/event that exemplifies this skill/characteristic for you.
5. A story of using this skill/characteristic in overcoming one or more obstacles.
6. A Cinderella story of having been an underdog who used this skill/characteristic to emerge triumphant.
7. A hero story in which you used this skill/characteristic to do something unexpected to save the day.
8. A humorous and probably self-deprecating way you've used this skill/characteristic.
9. An example from your personal life (as opposed to career) of developing this skill/characteristic.
10. Patterns that have emerged in your development of this skill/characteristic.
11. Results you have achieved through using this skill/characteristic.
12. Lesson you have learned while developing and using this skill/characteristic.
13. Ways you have applied this skill/characteristic in diverse situations.
14. A strength or vulnerability from your past that led to the development of this skill/characteristic.
15. A time when you felt passionate and alive in your work (and the skill/characteristic that made that feeling possible).
16. One or more stories that you find yourself repeatedly telling about your work (identifying the recurring skills or characteristics in these stories).
17. If you could tell just one story to explain what you do in your work, what would it be, and what skill/characteristic would it involve?