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Step 1: Write down all of your past jobs.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Step 2: Identify what skills you used (or learned) to be successful at that job.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Step 3: Identify which of those skills you have continued to strengthen over the years.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

These strengths become the core of how you show up to the world. Use this knowledge to change the tape and know that you do in fact know what you're doing and offer unique skills to your family, friends, and clients.

Breakout Question:

Out of those 5 skills, which do you feel has served you the most?

What is one skill you would like to strengthen to get you where you want to go?