

# Uncovering Personal Assets Worksheet

## Instructions



This worksheet is a companion to the Uncovering Personal Assets Activity in Moodle. It is suggested that you keep the activity instructions open in your computer as you fill in each of the four sections of this worksheet.

## 1. Compose Three Short Stories

Capture three short stories or significant life experiences on this worksheet, in a journal, or using your preferred process (e.g., an audio recording).

Add a title or keyword that helps you remember each story.

<b>Story 1 Title:</b>	Keyword(s):

<b>Story 2 Title:</b>	Keyword(s):

<b>Story 3 Title:</b>	Keyword(s):

## 2. Identify Skills, Values, and Strengths

Once you have drafted your short stories, identify the skills, values, and strengths that you demonstrated in each story into the allotted space in the table below. Start with story 1 and fill in each box. Refer to the instructions online for examples and a sample list of words that might help.

<b>Story 1 Skills:</b>	<b>Story 1 Values:</b>	<b>Story 1 Strengths:</b>
<b>Story 2 Skills:</b>	<b>Story 2 Values:</b>	<b>Story 2 Strengths:</b>
<b>Story 3 Skills:</b>	<b>Story 3 Values:</b>	<b>Story 3 Strengths:</b>

### 3. Discover Recurring Themes

Identify and circle or highlight the skills, values, and strengths that recur in the stories. You can write them in the box below.

<b>Recurring themes:</b>

### 4. List Personal Factors

Choose the personal attributes that are significant to your career and life. You can circle attributes in the list below, or write your own in the box.

- Family commitments
- Family expectations
- Ethnicity
- Cultural/spiritual/religious commitments
- Life roles, e.g., parent, student, partner, friend
- Gender
- Financial, e.g., debt, savings
- Sexual orientation
- Live with a disability
- Live with a mental illness
- Health and fitness

<b>Personal Factors</b>