**Peak Experiences/Accomplishments Activity**

**Materials Needed:**

Blank sheets of paper and pen or pencil

**Instructions for conducting activity:**

Ask students to think back over the experiences they have had in their lives – in the areas of work, leisure, learning, or relationships.

Ask them to consider 3-5 events in their lives when they:

* Played a significant role in the event – alone or as a group participant or leader;
* Accomplished, did or created something with concrete results, or acted to solve a problem, or gave something of themselves;
* Gained a sense of pride and satisfaction that has had a lasting impact on them;
* Truly enjoyed themselves and felt engaged, alive, energized, centered, content, and at their best;

Encourage students to select events based on how they felt about it, and not whether they think it would be important or impressive to someone else.

Ask students to list each of these events and write a brief summary and think about why they consider these to be peak experiences or accomplishments that were important to them.

**For a writing activity**:

Students can write a paragraph or two detailing the experience, step by step. Reflect together on what the experience reveals about what they care about, like to do and do well.

**For a speaking, listening (and note-taking) activity:**

Have students work in pairs where one describes the experience step by step, while the other records what they say. Together they can discuss what the experience reveals about what the speaker cares about, likes to do and does well.

**Additional:**

* You can use verb lists, like the one attached to prompt identification of the types of skills the person used in the event they described.
* A similar process can be done with a list of personal and professional values.

Adapted from the work of Richard Bolles and other career counseling professionals