

Accomplishment: Three Columns

In your well-being journal, draw a three-column table.

- In the first column, assign a block of rows to every decade of your life: 0-10, 11-20, 21-30 and so on.
- In the second column make a list of all the things that you achieved in those 10 years which make you feel proud then, or make you feel proud now as you look back on them.
 - How you define achievement is up to you. Include all your achievement, big and small. Don't forget that achievement isn't confined to traditional measures of success, such as money, status or qualifications.
 - When you think you've exhausted all the possibilities, spend at least another 5 minutes on this. Think about all the jobs you've done, whether paid or unpaid, all the clubs and groups you've belonged to, as well as all the formal and informal learning you've done.
- Next identify the natural abilities, interest or strengths you used to be successful. Write them down in the third column. Consider whether any patterns emerge.

Decade	Accomplishments	Natural abilities/Interest /Strengths
0-10		

Finally ask yourself how you can use your abilities, interests or strengths this week, at work or at home, in a new way. Record your ideas in your well-being journal.

Commit to doing it every day for at least a week. Notice the effect on your well-being at the end of the week.