

The aim of this exercise is to explore and find your strengths and personal skills through storytelling. Mastery experiences, also described as a success, are seen as a driving force behind actions. Find and document your personal skills and strengths using the **PARS** model.

1. Describe a **PROBLEM**, a situation, a challenge or task where your action or contribution made a difference or where you achieved a result (create a context, when and where).
2. Describe your **ACTION**. What did you do and how did you do it? What was your role? Use action-oriented verbs: I created; I worked with, etc.
3. Describe the **RESULT**. What was the outcome of your action? What results did you achieve? How did you feel? / What did you learn?
4. Describe your personal strengths, which skills or competencies did you apply in the situation?
5. Find and document your personal strengths using this **MODEL**

EXAMPLE 1

Problem situation	My mother's friends from Japan were to be married, and I overheard their talk about decorations for the wedding ceremony.
Action	I love making origami and voluntarily folded 1000 cranes during the next two months for the wedding decorations (1000 cranes in Japan culture brings good luck)
Result	The cranes made the wedding room beautiful, and all the guests took the cranes home with them. My mother's friends were very pleased and gave me money for folding the cranes.
Skills or Strengths	Crafting, sculpture, creative, helpful, appreciation of beauty

EXAMPLE 2

Problem situation	My little brother was playing in the street after school. He had participated in some vandalism in our neighbourhood, and he got into some problems.
Action	I explained the situation to my parents and suggested that he could join the afterschool activities in the local basketball club and I could drop him off on my way to football practice.
Result	Now he is playing in the local basketball team.
Skills or Strengths	Action-oriented, helpful and empathetic

6. Find and document your personal strengths

Problem situation	
Action	
Result	
Skills or Strengths	

Problem situation	
Action	
Result	
Skills or Strengths	

Problem situation	
Action	
Result	
Skills or Strengths	

Problem situation	
Action	
Result	
Skills or Strengths	

Problem situation	
Action	
Result	
Skills or Strengths	