1. Think about peak work experiences in your life. The experiences can come from any work you’ve done—paid or unpaid, professional or from your high school or college activities. A “peak” work experience is a time when you are fully engaged, when every cell in your body is alive and involved with the tasks at hand. Identify three peak work experiences and list each on a separate sheet of paper.

2. Write a paragraph about each experience describing what you were doing. Include the following:
   a. What were the core activities you were doing?
   b. What people were with you? How did you interact with them?
   c. How did you feel during this experience? Did your emotions change?
   d. What were your surroundings?
   e. Was there an outcome? How did that resonate with you?

3. Review your paragraphs. Answer the following questions:
   a. Are there common themes or features to your experiences?
   b. Were you working alone or in groups?
   c. Were you working with conceptual ideas or concrete materials?
   d. List aspects that are the same and those that are different across experiences.

4. Discuss your experiences and your findings with a coach to apply learning to your job search.