

Discover your Personal Best: Peak Experiences

Discovering when you are at your best (both at work and outside of work) is a good place to start to uncover your natural strengths. Consider when you are doing things that come so naturally to you they do not even seem like strengths or talents.

Recall three past peak experiences where you felt totally engaged in what you were doing. A peak experience can be work and non-work related. It can be a goal achieved (e.g. completing a project successfully, taking a new course or running a marathon); a process of interacting with someone (e.g. helping or coaching a colleague); time spent engaged in a personally meaningful activity (e.g. writing a short story, meditating). It does not have to be a life changing experience. The important thing is that you can recall feeling present in the moment – as if everything was falling into place or what some people describe as being “in flow”. Select a peak experience that you can recall fairly clearly in detail. If you have trouble identifying something, ask a friend or colleague.

In recalling the peak experiences try to describe the situation as fully as possible:

- When did it happen?
- Where did it happen?
- What was good about it?
- How did you feel about it?
- How did you contribute?
- What feedback did you receive?

Peak Experience #1:

Peak Experience #2:

Peak Experience #3:

Based on your peak experiences, start to collect information about your unique strengths and how to use them more regularly at work and outside of work.

1. *What commonalities do you notice about your peak experiences?*
2. *How did you contribute something to making this experience happen – i.e. skills, knowledge, expertise, personal qualities?*
3. *What does this activity tell you about who you are when you are at your best?*
4. *What are you motivated to do next?*
5. *What support do you need?*