

Analyzing Your Skills and Experience

For this exercise, you will conduct your own Appreciative Inquiry analysis based upon your academic, co-curricular, and life experiences. Try to answer these questions in about 20 minutes. Do not over analyze your answers; simply go with your first response.

Appreciative Inquiry focuses your attention on what you do well and asks you to envision how you do more of that. It consists of the four Ds: *Discovery* (learning what you do well), *Dreaming* (envisioning what might be), *Designing* (what is your ideal future), and *Delivering* (putting things into action to get there).

Discover:

1. Describe a time when you felt most happy with what you were doing at work or in school.
2. Recall a peak work or learning experience when you felt most alive, most involved or most excited about what you were doing. What was it about that experience that made you so alive?
3. What aspects do you value most deeply about yourself, the nature of your work or learning, and the work or learning environment?

Dream:

1. What three themes can you see in the first three answers you just gave?
2. Describe your best, most realistic future in ten years.
3. What is your ideal balance between your work life and your personal life?

Design:

1. What opportunities can you take advantage of while you're in college?
2. Is there some new technology, trend or idea you'd like to keep up with?
3. What are others doing that you'd like to do?

Deliver:

1. How will you sustain your vision that you can achieve your desired future?
2. List 3 "WILL DO" goals you will achieve to realize your dream.
3. What 3 possible bumps in the road may you face in building on your strengths?

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