



I to the 4th Power

Pre-work

Pre-work:

- **Peak Experience Exercise**

This exercise is designed to help you see your strengths in action. So you understand your leadership style and know how to contribute in the best ways.

Peak Experiences* (pre-work for week 2)

Understanding your core skills and interests, and aligning yourself with those, is one of the most powerful things you can do to find fulfillment in your work.

Our skills and interests are like a well that is always full. They motivate us and keep us interested in what we do, and keep on giving. By contrast, if we are not in alignment with what make us thrive, we are sure to be unhappy in the long run.

This exercise is designed to help you identify those skills and interests *and the contexts in which they were present* in your life.

Here's what you do...

Think of the times in your life, in or out of work, where you were fully alive. You felt strong and powerful. Your fingers and toes tingled with it. You were lost in what you were doing, and time passed unmeasured.

These times can be a period of time, one experience, or an element of an experience. The only rule is that you were doing something you were good at, and something that *you enjoyed*. Good but didn't like it doesn't count.

Think of 20+ experiences. Then narrow down to 5-7.

Once you have thought of your experiences, write the answers to these questions:

- What were you doing?
- Who were you with?
- What was your motivation?
- What did you learn?
- What was your role?
- What was the impact you were having?

Write your answers in bullet form, or longhand. Once you do this, you will have an extensive list of skills and interests. Now take the list and look for 1) Common threads and 2) What resonates with you most. Remember, you are looking for skills and interests that you were good at, and enjoyed doing. **Make a list of the top five.**

*Exercise is inspired by the Seven Stories exercise in Kate Wendleton's "Through the Brick Wall" and by the Coach Training Institute (San Rafael, CA) Peak Experience exercise