

PICTURE OF EXCELLENCE

The Picture of Excellence exercise is useful for:

- Identifying traits and characteristics of successful and effective people in your life
- Defining what success and excellence mean to you
- Reflecting on what or who influences your individual perceptions of success or excellence
- Connecting your strengths to a career path

Directions:

Follow the instructions on the attached worksheet.

Things to Think About:

- What do you define as excellence? What do you admire in successful people?
- What did you learn about yourself in this process?
- What circumstances allow you to be excellent or at your best? What circumstances prevent you from achieving excellence or success?
- What careers would be a good fit for you, based on the circumstances that most often bring about personal success and satisfaction?

If you would like to talk to someone about this activity or need additional resources, **Career Services** is available to all students! Check out our website to make an appointment or to see upcoming events and workshops: <http://www.careers.vcu.edu>

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1. Write the name of an effective or successful person below.

2. List some characteristics of this person.

3. Now complete these statements about yourself

The time when I am at my best is . . .

The best thing about me is . . .

The best time in my life is/was . . .

I earn my best grades when I . . .

I enjoy learning about . . .

The best job I ever had was . . .

The best project I've ever been involved with was . . .