

YOUR *Aha!*TM LIFE

The Personal Life Résumé

An Accelerator for Your Aha! Life



You are the writer of your own story.

The Personal Life Résumé *of:*

NAME: _____ DOB: _____

MY LIFE AIM AND ASPIRATIONS

KEY ATTRIBUTES

CORE VALUES

MEANINGFUL LIFE EXPERIENCES

Year/Age: _____

EXPERIENCE:

MEANINGFUL LIFE EXPERIENCES

Year/Age: _____

EXPERIENCE:

Year/Age: _____

EXPERIENCE:

KEY INFLUENCES AND AFFILIATIONS

MEANINGFUL CONTRIBUTIONS

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FAVORITE HOBBIES AND PASTIMES

INSTRUCTIONS FOR YOUR PERSONAL LIFE RÉSUMÉ

PART 1: LIFE AIM AND ASPIRATIONS

Write a brief statement about who you are or hope to be, your dreams and aspirations, and what you hope to accomplish. If you have a life purpose statement, write it here.

PART 2: KEY ATTRIBUTES

Write up to six qualities and attributes that describe you – your personality, essence, strengths, powers, or traits. These include how you and/or others who know you well describe you.

PART 3: CORE VALUES

Write up to six core values that reflect what is most important to you. These values are central to how you make decisions, form perspectives, evaluate right/wrong, guide your behaviors.

PART 4: MEANINGFUL LIFE EXPERIENCES

Write up to three experiences or three periods in your life that have meant the most to you or that have had the greatest impact in shaping who you have become.

PART 5: KEY INFLUENCES AND AFFILIATIONS

Write up to four influences or affiliations that are important to your life story. These may be people (e.g., parents, best friends, mentors, teachers) or social groups (e.g., church, school, clubs).

PART 6: MEANINGFUL CONTRIBUTIONS

Write up to three meaningful contributions you have made to others or to the world. These could be community service, charitable causes, parenting, or helping someone in need.

PART 7: FAVORITE HOBBIES AND PASTIMES

Write up to four activities you enjoy during your leisure.