## Validate Your Strengths
### Feedback Exercise

Write the names of the people you contacted, their relationship to you, the skill or strength they identify, and the story they share that proves you have that skill/strength (cells will expand as you type).

***Please print this and put in your workbook and take out the placeholder page***

<table>
<thead>
<tr>
<th>Name</th>
<th>Relationship to you</th>
<th>Skill/strength they identify</th>
<th>The 1 - 2 stories they told that show that skill or strength (1-2 sentences each story)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Todd Arnold</td>
<td>Father</td>
<td>Courage</td>
<td>“The baseball game that you played determining your team’s spot in the city tournament.”</td>
</tr>
<tr>
<td>Tisha Arnold</td>
<td>Mother</td>
<td>Resilient</td>
<td>“Since you were just a little boy, you have always been careful in making decisions. Like when we would let you pick out a toy for your birthday.”</td>
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<tr>
<td>Burkely Seekri</td>
<td>Roommate/ Close friend</td>
<td>Perseverance</td>
<td>“The time when you had to go to the ER because your cheek was so swollen.”</td>
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<tr>
<td>Joseph Wampler</td>
<td>Close friend</td>
<td>Meticulous</td>
<td>“The trip you took with me when I moved to Los Angeles, and we had to find a hotel last second in Colorado.”</td>
</tr>
<tr>
<td>Chandler LaMott</td>
<td>Close friend</td>
<td>Diligent</td>
<td>“When we first started working out, and you would always ask me if your form was correct.”</td>
</tr>
<tr>
<td>Tiffany Seekri</td>
<td>Friend’s mother</td>
<td>Observant</td>
<td>“You are always observant of others and don’t always feel the need to speak rather than listen.”</td>
</tr>
<tr>
<td>Easton Good</td>
<td>Friend</td>
<td>Persistent</td>
<td>“That time when you didn’t go to King’s Island with us because you wanted that money.”</td>
</tr>
<tr>
<td>Reis Coy</td>
<td>Friend</td>
<td>Determined</td>
<td>“That time you were scared of going cliff jumping and you realized we were right that it wasn’t that bad and you loved it after that.”</td>
</tr>
<tr>
<td>Eli Jones</td>
<td>Friend</td>
<td>Resilient</td>
<td>“When you had to get your appendix removed twice basically and then I had to get mine like a month later.”</td>
</tr>
<tr>
<td>Thomas Gatewood</td>
<td>Friend</td>
<td>Resolved</td>
<td>“When you needed a good grade on that hard final in Chemistry to get a good grade in the class and you made sure you did.”</td>
</tr>
</tbody>
</table>

Keeping in mind the Kelley Code of Honor, answer yes or no to this statement:
I contacted each of the above people in person, over email, text, or video chat and talked (or emailed/texted) with them about my strengths and supporting stories (type yes or no): Yes

Looking over the skills/strengths your contacts shared with you, write what you feel are your 3 greatest skills/strengths below, and support each with a STAR story (please refer to the screen shot in the “instructions only” document for more on STAR stories).

*** 3 greatest skills/strengths:

From hearing these stories which are meant to portray my strengths, I have come to find consistencies in three main skills. The first skill I obtain is remaining meticulous to almost all situations, I strongly believe this is a skill that I obtain and relate to. The next consistent strength I observed of myself through others is resilience. I feel like I have had all sorts of obstacles in my life that have caused struggles, however; I am persistent in staying positive and fighting through them. Lastly, a strength I feel that represents myself is courage. I don’t allow fear to stop me from doing what I feel like I am capable of doing.

Type your first Skill/Strength here: Meticulous

Write Story 1 below:

Situation: I helped my friend move from Indiana to Los Angeles this summer, driving only his car with all of the luggage that he could fit. We planned to drive 16 hours straight to stay with our friend in Boulder, Colorado for a night, and travel the rest the next day. However, at the last minute our friend informed us that we wouldn’t be able to stay in Boulder anymore.

Task: My goal was to figure out how we were going to make it to Los Angeles without being able to stay the night in Boulder as we had originally planned. I had to figure out locations for my friend and I to stay so we could get some rest, still see some cool geographical locations, and arrive in Los Angeles at the time we had planned.

Action: My friend and I agreed that we needed to figure out a new place in Colorado to stay for the night. I started looking up hotels and Airbnb houses that we could stay, there were several options in different locations. My friend thought we should stay at this hotel in Boulder because of the low price they offered. However, I realized that Boulder was potentially going out of the way from our final location in Los Angeles. So, I kept searching and found a hotel in Denver that was a little bit more expensive, I noticed that it was not only closer to Los Angeles but also right next to some very popular tourist attractions neither of us had seen before. This was the hotel we eventually decided on.

Result: Not only did we get to walk around and eat some incredible food in downtown Denver, we also were able to go to a concert in the mountains at Red Rocks Park and Amphitheatre. Both were things neither of us had experienced before, and the precise decision making helped our trip turn out exceptionally. Also, we arrived to his new home in Los Angeles accordingly.

Story 2

Situation: My friends invited me to go with them on an annual trip to Kings Island on a Friday. Initially, I told them I would go as long as my parents were okay with it and I didn’t have anything else I needed to do. The day before I was going to head to Kings Island with them, my dad offered to pay me double the amount he usually does to help him mow the yard and help get the house ready for a party we were having on Saturday.

Task: My goal was to determine whether to go to King’s Island with my friends for the day, or stay at home to clean and mow my huge yard. The extra money my dad offered me was definitely appealing, however; I really wanted to go ride some rollercoasters with my friend. I questioned which decision I wanted to do and which decision would help me more in the long term.

Action: After pondering the decision the day before we were supposed to leave for Kings Island, I carefully decided what I was going to do. Knowing that I needed more money and going to Kings Island would result in spending a lot of money, I told my friends that I wasn’t going to go with them to Kings Island this time. I didn’t get to go with my friends that day, but I made some extra coin.

Result: My friends were mostly understanding of me not coming with them even though they were slightly disappointed. I missed out on some rollercoasters that I’ve been on hundreds of times already with my friends. By setting priorities over fun, I made 100 dollars and avoided spending useful money.

Type your Second Skill/Strength here: Resilient

Story 1
Situation: I once had this terrible stomach pain my sophomore year of high school. By terrible pain I mean that it was to the point where I knew something was wrong. My parents thought it was just common stomach problems, but I thought it was something more serious like appendicitis. That’s what it turned out to be.

Task: My goal was to go to the ER and get the surgery done as soon as possible considering the amount of pain I was in. After receiving confirmation that my appendix was rupturing, I knew that I would have to get it surgically removed. I did nothing but accept the situation and take the steps necessary for taking care of the situation.

Action: After preparing for the surgery, it was finally time to take place. I was told the surgery would take about an hour and a half, and then I would wake up and the pain from the appendix would be gone. That’s what the plan was at least, until I woke up from the surgery in worse pain than I was in before! As I’m waking up from the anesthesia very confused, they eventually told me that the anatomy of the location of my appendix was in a unique place and the surgeon would have had to make a much larger incision for her to remove it. So, what now? The next option was to get an ambulance that I waited two hours for to take me to Riley Children Hospital. I finally had my second surgery that evening and had the appendix removed this time.

Result: After staying in the hospital for about a week to recover, I was finally able to go home. Looking back on the situation, I reflected on my attitude and the mindset I maintained to get through it. From accepting the unfortunate experience, I knew that I just needed to take it on step by step. By using this positive approach, I was able to overcome the surgery and eventually get back to my normal daily life.

Story 2

Situation: I used to play baseball for a league in my hometown, we played against other teams in our league until the city tournament. This was where all the teams from each league played single elimination for a city champion. My team made it all the way to the final four and I was pitching in the game that would put us into the championship.

Task: My goal was to pitch to the best of my ability and bring home the win. The only downside to this outcome were the odds of my team winning. The team we were playing was actually in our league and had beaten us all three times of regular season play. Therefore, my team and I would have to do very good to beat the odds.

Action: I started off the game pitching very good. Our team managed to put up three runs in the first couple of innings. This was a good position to be in as the pitcher. I was striking kids out and my team kept making plays, but then in the fifth inning I had a deep two-run home-run hit off of me. I continued to pitch and got out of the inning. Once it was my turn to hit in the lineup I hit a three-run home-run putting us far ahead. I finished out the game giving up a few more runs and ultimately getting the win.

Result: After taking my team to the city championship, I was proud of myself for helping my team beat the team that had beat us every time we had played until the tournament. I did not let the fact that they had already beaten us three times stop me from playing my game and doing what I had to do to for the win. I knew it was not going to be easy, especially because of the importance of the game for both teams. I overcame the belief that they were projected to win and gave everything I had to prove otherwise.

Type your third Skill/Strength here: Courage

Story 1

Situation: My dad owns a rental business along with outdoor tools and equipment for landscaping. I was driving home one day and saw a yard with about twenty stumps scattered throughout. I thought about the money that could be made from removing the stumps and the stump grinder I could use from my dad.

Task: My goal was to ask the owner of the property if they were interested in removing the stumps. Based on the answer, I would offer them to do it for money. I would then ask my dad to use the stump grinder and get to work.

Action: After finally convincing myself to go knock on the door and ask, they didn’t answer. At first, I figured I would just leave it at that and try making more money in other ways. Then, I decided to try the house again a few days later. A guy answered, I gave him my proposal, and he said he was actually waiting on a guy to get back with him to remove the stumps. He said he would be more than willing to negotiate a deal for the job.

Result: After coming to an agreement with the man, we settled on forty to fifty dollars per stump. I started the following week, and finished the job within a span of three days receiving 1000 dollars. In the end, the job was well worth the pay. If I had not forced myself out of my comfort zone and gained some courage to confront this guy, I never would have had the opportunity to make that much money.

Story 2
Situation: I have always had a pretty big fear of heights and cliff jumping. My friends wanted me to go with them to White Rock park to go zip lining and cliff jumping into water. This wasn't something that I really wanted to do, but the power of peer pressure and wanting to overcome fear influenced my decision.

Task: My goal was to go with my friends and jump off of the smallest cliffs into the water. I knew this would be challenging because I have never liked the idea of cliff jumping, or falling for that long from the air. The place was two hours away, and I knew I couldn't go all the way there and not participate.

Action: After watching my friends approach the edge of the cliff and jump off effortlessly, I decided it was my turn to try. I walked up to the cliff, looked over, and immediately started panicking. I was not trying to jump whatsoever. My friends kept trying to convince me that it's not even scary and once I do it I'll want to do it again. That wasn't enough, I didn't go yet and I let them go a few more times. Finally, I thought to myself again that I drove all this way, I have to do this. I walked up to the edge of the cliff once again, and could feel my heart to start race again. I told myself that it was okay to be scared, everything will be okay and I just need to do it. Then, I jumped and hit the water feeling relief.

Result: Once I overcame my fear and jumped, I wasn't afraid anymore and I felt much better compared to before I jumped. Not only did I keep jumping off the cliff, I even jumped off of the higher cliffs with my friends as well. By overcoming my fear, I was able to experience something I had never done before and I got to enjoy doing it with my friends. Not only that, I also experienced the satisfaction of having courage and overcoming something that was very fearful and important to me.