Rainbow Sheet

List all of your accomplishments on this worksheet, from as far back as you can remember. This may take you several days to complete. If you cannot think of many, please interview your family and friends, asking them for things you have done that they remember. Include everything you have felt satisfaction in completing, both work and non-work related.

ITEM	DESCRIPTION OF ACCOMPLISHMENT	SATISFACTION LEVEL THEN 1=LO, 10=HI	SATISFACTION LEVEL NOW 1=LO, 10=HI	STRENGTH(S)/ TALENT(S) USED	WHAT VALUE THIS MET
Childhood through age 12					

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Item	Description of Accomplishment	Satisfaction Level Then 1=Lo, 10=Hi	Satisfaction Level Now 1=Lo, 10=Hi	Strength(s)/ Talent(s) Used	What Value This Met
Teens					

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