

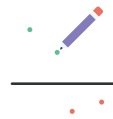
The Shape of Alex's story

Example

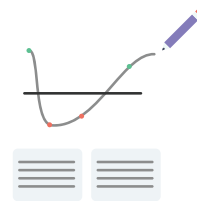
*Scroll down for the empty worksheet



1. Begin with listing all your key moments, ups and down in life on a separate sheet of paper. Start from your childhood, high school or the start of your career, it is up to you. No need to do it in chronological order.



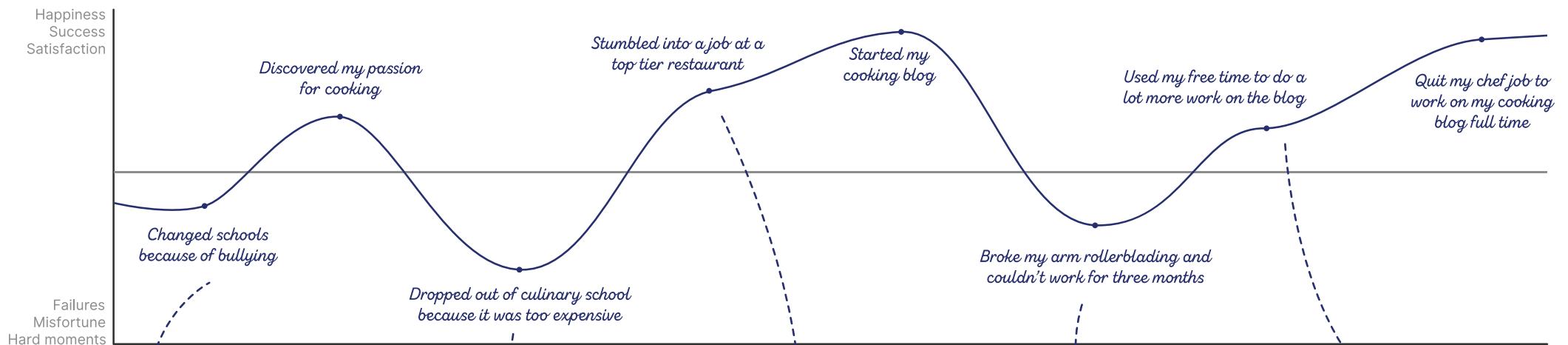
2. Mark your most memorable life moments with a dot and a keyword on the graph: higher for bigger successes and lower for tougher failures.



3. Connect the dots and consider what brought about the changes between the ups and downs. Where they outside events, decisions you made, or something else? Use the space below to fill in what made a difference.



4. Implement
Looking at all your successes and struggles, what are you most proud of? Are these things represented on your resume?



Both the bullying and changing schools were difficult and defined my early years, but I learned to be self-reliant and handle pressure.

I thought my dream of being a chef was over.

It turns out plenty of people can't afford culinary school and drop out, so the community didn't judge me for this and was willing to help teach me in restaurants.

I was really worried about what effect this break would have on my career.

Without anything else to do, I started writing more, learning about SEO, bringing lots of new visitors to my blog, and building paid supporters on Patreon.

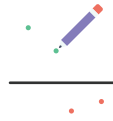
The Shape of _____'s story

Discover the relationship between success and failure and what's brought you satisfaction in life

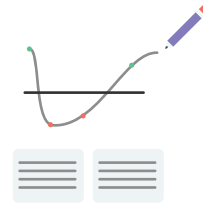
**This should take 10-15 minutes to complete.*



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Happiness
Success
Satisfaction

Failures
Misfortune
Hard moments