



Your Experience in the Growth Zone

What you can do now that you're proud of?

What did you find to be most challenging and rewarding about learning this?

How did people support you in developing this knowledge, skill, or talent? Use the following example to jog your memory about what they did or do:

	Who did it?	How did they do it?
		Introduced you to this skill, interest, or area of knowledge
		Gave you information to help you learn
		Provided the tools, opportunities, or other resources you needed
		Coached you or asked you helpful questions when you were stuck.
		Helped you adjust if you became frustrated or bored
		What else did people do that really helped you learn and grow?

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