

EXPERIENCE

("E" in S.H.A.P.E.)

Our culture values academic qualifications, especially college degrees. Do you have a degree? Do you have a BA, BSc, MA, PhD ...?

There's one 'degree' that most of us ignore or undervalue: that's our "LE Degree". Your LE Degree is your Life Experience.

You have been shaped by your experiences in life, most of which were beyond your control. Whatever the reason for things that have happened in your past, they have helped mold you into the 'you' who you are today. Your future experiences will continue to mold you, so you are a work-in-progress.

In determining your shape for this business, you should examine at least four kinds of experiences from your past.

- ❖ **Work** experiences: What jobs have you been most effective in and enjoyed most? Why?
- ❖ **Educational** experiences: What were your favorite subjects in school? Why?
- ❖ **Painful** experiences: From what problems, hurts, thorns, and trials have you learned?
- ❖ **Other** experiences: what have they taught you? What have they made you?

All your experiences, good and bad, have helped shape you into who you are today. They have brought you to this season of your life.

Many of your experiences, even the bad ones, have equipped you to help others in a unique way.

Use the following pages to catalog your life experience. None of your experiences are wasted or pointless if you can look at them and see how you can use that experience positively in your current situation: "how can I use that experience to make me better, to fuel my success in this business?"

"The unexamined life is not worth living" said Socrates long ago. Examine your life and your life experience. Discover, document and *celebrate* your LE Degree – it's your most powerful personal qualification.

EXAMINING MY EXPERIENCES

Instructions: As you look over the word list for each of these areas. Check all that apply to your life in each of the four areas. If necessary, use the "other" line at the end of each area to write in your unique personal experience.

Check Your Educational Experiences

I. Educational Experiences

- High School Diploma
- Associate of Arts Degree
- Bachelor Degree
- Masters Degree
- PHD/Doctoral Degree
- Specialized Advanced Training
- Other _____

Check Your Work Experiences

II. Work Experiences

- Agriculture/Animal Husbandry
- Automotive
 - Management
 - Manufacturing
 - Mechanic/Maintenance
 - Sales/Marketing
 - Other _____
- Business
 - Administrative Support
 - Advertising/Marketing
 - Chemicals
 - Consulting
 - Construction/Building
 - Financial Services
 - Food/Restaurant Services
 - Manufacturing
 - Personal Care Products/Services
 - Personnel/Human Relations
 - Project/Area Management
 - Product Receiving/Delivery
 - Property Management
 - Public Relations
 - Purchasing
 - Real Estate
 - Recruiting/Head Hunting
 - Sales/Retail
 - Service/Customer Relations
 - Sewing
 - Small Business Owner
 - Other _____
- Creative Arts
 - Architecture
 - Advertising
 - Computer Arts
 - Fashion
 - Fine Arts
 - Graphic Design

- Illustration
- Industrial Design
- Interior Architecture & Design
- Motion Pictures & Television
- Photographer

- Computer
 - Consulting
 - Data Entry/Management
 - Graphics
 - Hardware
 - Info Systems/Tech Support
 - Printing
 - Software
 - Web Based
 - Other _____
- Engineering
- Entertainment
 - Actor/Actress
 - Banquets/Events
 - Hotel Services
 - Media (Radio, Video, Film, etc.)
 - Resorts/Theme Parks
 - Other _____
- Field of Education
 - Christian/Religion
 - Counseling
 - History
 - Languages
 - Manual Arts/Vocational Skills
 - Mathematics
 - Music
 - Physical Education/Coaching
 - Preschool/Elementary Education
 - Jr. High/HS Education
 - Sciences
 - Social Sciences
 - Special Education
 - Specialist
 - Technology/Communication
 - Training
 - Other _____
- Homemaker
- Medical
 - Administrative/Support Services
 - Chiropractic
 - Dental

- o Dermatology
- o General
- o Geriatrics
- o Internal
- o Mental Health
- o Nursing
- o Nutrition
- o Obstetrics/Gynecology
- o Ophthalmology/Optomety
- o Orthodontics
- o Pathology
- o Pediatrics
- o Pharmacology
- o Physical/Occupational Therapy
- o Podiatry
- o Sales/Services
- o Speech Pathology
- o Surgery
- o Other _____

- Military
 - o Air Force
 - o Army
 - o Coast Guard
 - o Marines
 - o Navy
 - o Other _____

- Public/Civil Services
 - o Fire protection
 - o Government Services
 - o Immigration Services
 - o Internal Revenue Service
 - o Investigation
 - o Law Enforcement/Security
 - o Policy/Permit
 - o Postal Services
 - o Social/Community Services
 - o Transportation
 - o Other _____

• Retired

• Student

- Tax/Legal/Court Services
 - o Attorney
 - o Certified Public Accountant
 - o Court Services
 - o Paralegal
 - o Prisoner Services (Bail, Parole)
 - o Other _____

- Transportation
 - o Airline Attendant
 - o Airline Pilot
 - o Air Traffic Control
 - o Bus/Truck/Automobile Driver
 - o Railroad
 - o Travel Agency/Services
 - o Other _____

- Utilities
 - o Cable Television
 - o Gas/Electric
 - o Phone
 - o Service/Sales/Mgmt/Install
 - o Water
 - o Other _____

III. Painful Experiences

IV. Other Experiences
