

DEPENDABLE STRENGTHS WORKSHOP

BIOGRAPHICAL QUESTIONNAIRE

Property of	_____
Address	_____ _____
Date	_____
Phone	_____

The Dependable Strengths Articulation Process

Keys to growth, renewal, resilience

There is excellence in each person. It starts early, continues throughout life. Dependable Strengths are skills, talents or traits a person has identified as essential to his or her future *Good Experiences*.

Dependable Strengths are concentrated in Good Experiences. A Good Experience is defined as “something you feel you did well, enjoyed doing and are proud of.” Good Experiences are explored to find the unique pattern of Dependable Strengths each person possesses.

In this form you look at “what’s right with you” experiences. Then you can explore to see the foundation of skills on which to build the flexibility and stability you need for these fast-changing times. You begin to see your own Dependable Strengths. They are keys to using more of your potential, living a fulfilled life, doing well, having good relationships, less stress and greater employability.

Many thousands of people have experienced DSA; nearly all (93%) said they learned new things about themselves. They could see how to influence their futures.

“KNOW YOUR *BEST SELF*,” your Dependable Strengths and you open the door to seeing and using more of your potential. You really can influence your possibilities for success and happiness.

It takes about two hours, one hour twice, to complete this. You need only your memory, patience and something to write with. Answer the questions in the order they appear. *This is not a test!* Complete and bring this form with you to the first DSA class.



The Center for Dependable Strengths
Enhancing human potential one life at a time

IMPORTANT NOTE ABOUT THE BIOGRAPHICAL QUESTIONNAIRE

PLEASE READ THE FOLLOWING BEFORE YOU START...

What is a “Good Experience”?

As you complete this packet you will be asked to list special events in your life called *Good Experiences*. *Good Experiences* are the foundation of the Dependable Strengths process so it is important you understand what these are and are not. *Good Experiences* are unique events which have a specific definition and criteria. They are not the same as “nice times”, “good memories”, or a “happy experiences” (although they may be connected to these). Check your *Good Experiences* to make sure they meet these requirements:

1. First, the definition: A “Good Experience” is SOMETHING YOU FEEL YOU DID WELL, ENJOYED DOING AND ARE PROUD OF. The important points of this are:
 - A. SOMETHING YOU DID... means you actively made this experience happen. It is not something that just happened to you or you were indirectly involved in.

Example:
No: My spouse took me on a wonderful vacation to Hawaii and we had a grand time.
Yes: I planned and organized my wedding involving over 300 people, including designing the invitations, arranging for food, flowers, photographs, facilities, and the reception. It all came off without a hitch.
 - B. YOU FEEL YOU DID WELL... means you are the sole judge of how well you did it. It does not matter how anyone else might evaluate it. It is only your opinion and sense of accomplishment that counts.
 - C. YOU FEEL YOU DID WELL, ENJOYED AND ARE PROUD OF... means a Good Experience must meet ALL three criterion, not just one or two of them. You may have done something you feel you did well and are proud of but DID NOT ENJOY. That, then, is not a *Good Experience*. Make sure it meets all three requirements.
2. ANYTIME, ANY PLACE... a *Good Experience* can come from any time and any place in your life. *Good Experiences* can happen from early childhood to the present. You may want to think about each five year period of your life and search it for *Good Experiences*. They may occur in any part of your life – home, school, work, hobbies, leisure, etc. Do not limit yourself to just one or two areas of your life.
3. SPECIFIC, NOT GENERAL... *Good Experiences* are specific, concrete events with a time, place, action and outcome – not general life “milestones” like “getting a master’s degree”, “raising three children” or “getting married”. If you want to consider these as *Good Experiences*, ask yourself, “*What specifically did I do in that experience that I feel I did well, enjoyed and am proud of?*” – give a concrete example.
4. OFTEN SMALL EVENTS, NOT LARGE... *Good Experiences* do not necessarily involve great accomplishments, success, fame or fortune. They are often events which others know nothing about or might even consider “insignificant”. They can be the small “triumphs” in our life which give us a sense of satisfaction and fulfillment. Don’t eliminate it because it seems silly, trivial or unimportant.

- _____ K.
- _____ L.
- _____ M.
- _____ N.
- _____ O.
- _____ P.
- _____ Q.
- _____ R.
- _____ S.
- _____ T.

6. Assign a value to your *Good Experiences*. Circle the letters of the ten that you feel were the greatest. If you have overlooked any add them to your list, lettering them "U", "V", "W", etc.

7. Now prioritize the ten Good Experiences you have circled. Of these, which do you feel is the greatest one of all? Write the number 1 in the blank beside that experience, a number 2 beside the next greatest, a number 3 beside the next greatest and so on up to 7. If two of those you numbered seem about even to you, join them with a line.

8. How early can you go in remembering a *Good Experience*? Try to recall one from before you were ten or even before you were five. Give your approximate age and describe the experience briefly.

9. Although they may seem insignificant to you, describe three more *Good Experiences* you had before you were age 17. Give your age each time.

10. In the seven boxes that follow, describe each of your top seven Good Experiences (see #7). For each one, give the summary next to the letter in question 5 sufficient detail to show what you did when making it happen, and your age.

Box 1

Box 2

Box 3

Box 4

Box 5

Box 6

Box 7