

Categories of Achievements

Try to write at least one achievement for each of the following eight categories:

1. Describe something you Created or Developed: _____

2. Describe something you Increased or Improved: _____

3. Describe something you Decreased or Reduced: _____

4. Describe something you Avoided or Bypassed: _____

5. Describe something you Suppressed or Prevented: _____

6. Describe something you Repeated (repetition or consistency): _____

7. Describe something you Maintained (perhaps in the face of adversity):

8. Describe a Distinction or Award that you received:
