Categories of Achievements

Think about each of the descriptions below and write at least one achievement for each of the categories listed in the boxes below. (The boxes will expand to accommodate the text you enter:

1. Describe something you Created or Developed:

|  |
| --- |
| Enter text. |

2. Describe something you Increased or Improved:

|  |
| --- |
| Enter text. |

3. Describe something you Decreased or Reduced:

|  |
| --- |
| Enter text. |

4. Describe something you Avoided or Bypassed:

|  |
| --- |
| Enter text. |

5. Describe something you Suppressed or Prevented:

|  |
| --- |
| Enter text. |

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

|  |
| --- |
| Enter text. |

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

|  |
| --- |
| Enter text. |

8. Describe a Distinction or Award that you received:

|  |
| --- |
| Enter text. |