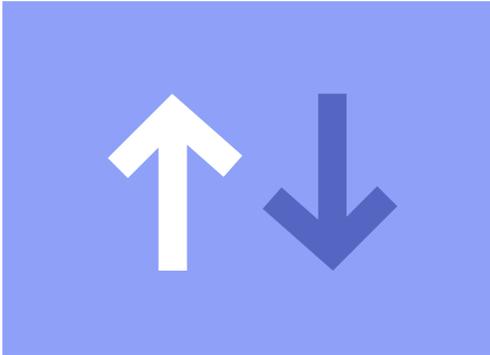


# Success Story

Character LAB



**PAGE 1:** Overview

**PAGE 2:** Activity

**PAGE 3:** Example

## How long does it take?

10 minutes

## How do I do it?

In this writing activity, you reflect on a time when you succeeded and the steps you took to succeed.

## How does it work?

People learn from experience by incorporating their experiences into a coherent story. Researchers found that you grow if your life story extracts the good from the bad and if it emphasizes your agency.

**Inspired by:** Jones, B. K., & Destin, M. (2021). Effects of positive versus negative expressive writing exercises on adolescent academic achievement. *Journal of Applied Social Psychology*. <https://doi.org/10.1111/jasp.12756>

# Success Story



Think about a time you *succeeded* at something important to you. This success can be from any area of your life: school, extracurricular activities, hobbies, or personal relationships, for example.

How did the success happen? Include as many details as you can.

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What steps did you take to make this success a reality? How did others help you? How might your success help others in the future?

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# Success Story

**Character LAB**

## EXAMPLE

Think about a time you *succeeded* at something important to you. This success can be from any area of your life: school, extracurricular activities, hobbies, or personal relationships, for example.

How did the success happen? Include as many details as you can.

*I ran for student government and won! I was nervous about running at first—did I really want to do something so risky? I had to work really hard. I wrote a platform and even gave a speech in front of the entire school, which was very scary. It was a tough campaign, but I ended up winning.*

*Does not have to be about class*

*Include difficulties you overcame*

*Show off a little!*

What steps did you take to make this success a reality? How did others help you? How might your success help others in the future?

*I thought a lot about how to talk about what made me a good candidate. I asked my teacher about how to improve my campaign, then friends helped me make posters and spread the word. After the election, I realized that my campaign promises weren't just to win—I really wanted to make my school a better place.*

*Specific steps, not just "worked hard"*

*Think about people, resources, strategies*