

Your Personal Credibility Inventory

Experience	Example 1	Example 2	Example 3
Work (professional)			
Work (formative)			
Education			
Home Internship			
Training			
The Good			
The Bad (and Ugly)			
I can...!			

Key terms used on the Inventory:

Work (professional): Just as it sounds. Your work activities that bring you to this moment.

Work (formative): These jobs may not be your current professional trajectory, but they made you who you are as you were developing into the professional you've become.

Education: Which key learning moments developed you and what were they?

Home Internship: Think through the roles at the family business, chores, duties, or other activities.

Training: Beyond education or experience, did you have specific development that equipped you for what you presently do?

The Good: Think about the other things that have happened to you, personally or professionally and were positive.

The Bad (and Ugly): These were negative at the time, but they are now part of your story and you learned from them.

I can...! You do this well. It could be a hobby, trait, skill, or interest that you have which is awesome.