



DFA Women's Symposium

Session 1: Thursday, June 25 | 9 - 10:30 a.m.
Career Visioning: Bringing Your Career into Focus

Reflection Exercise

Thank you for attending Career Visioning: Bringing Your Career into Focus! In preparation for the next session Career Visioning: Owning Your Strengths, reflect on your career, your strengths, values, and wishes using the guiding questions below. We recommend addressing all questions in order, but feel free to focus on the question(s) of your choice.

You may find it helpful to write down your notes and bring them to Session 2. During Session 2, you will have the opportunity to share your insights in small groups. We will end with a general discussion with all attendees and share some resources for next steps.

We hope this reflection exercises and discussing our insights as a group will help us all recognize and own our strengths more boldly, and employ them more effectively in our careers.

Reflection Questions

- **Review Your Career Journey**

Run through a mental “highlights” reel, make a list or create a visual that shows your career progression so far. What are the highs and lows? What have you learned along the way?

- **Next, Think About Your Peak Experiences**

What are the 2-3 experiences that stand out in your memory where you were “in the zone”? These would be experiences where you felt energized, excited, alive, acting from a place of purpose or feeling fulfilled. The experience may have been a moment, a project, or a specific role.

- If you are having trouble identifying peak experiences, write some down some of your career highs and then talk through them with a trusted person. Ask them to watch for times when you “light up” when you are talking about the experiences.

- **After You Have Identified a Few Peak Experiences, Go Deeper**

Describe them in detail. Don't be humble! What strengths were you using? Were you working by yourself or on a team? Who else was involved in the work? What environment were you working in? What else was going on in your life? How did you feel? What were you like in those experiences? What similarities do the experiences have? What skills were you using? Which of your values did these experiences align with? What did you learn?

- Refer to the Strengths List and Values List on the following page as a reminder when reflecting on your strengths and values displayed during peak experiences.

- **Now, Think About an Ideal Day**

Using your Peak Experience insights, how would you describe your ideal day? What skills are you using? What environment are you in? How are your actions supporting your values? What else are you learning? What are 2-3 wishes you have for your professional life? How can you apply those strengths in your career?

Strengths List

Achiever	Input
Adaptability	Learner
Analytical	Maximizer
Calm	Organized
Communication	Passionate
Competition	Patient
Connectedness	Persistent
Courageous	Positivity
Deliberative	Relator
Discipline	Resilient
Empathy	Resourceful
Fairness	Responsibility
Flexible	Self-Assurance
Focus	Self-motivated
Futuristic	Strategic
Inclusiveness	Supportive
Independent	Woo (Win Others Over)

Values List

A - M

Acceptance	Clever	Dependability	Ferocious	Independence
Accomplishment	Comfort	Determination	Fidelity	Individuality
Accountability	Commitment	Development	Focus	Innovation
Accuracy	Common sense	Devotion	Foresight	Inquisitive
Achievement	Communication	Dignity	Fortitude	Insightful
Adaptability	Community	Discipline	Freedom	Inspiring
Alertness	Compassion	Discovery	Friendship	Integrity
Altruism	Competence	Drive	Fun	Intelligence
Ambition	Concentration	Effectiveness	Generosity	Intensity
Amusement	Confidence	Efficiency	Genius	Intuitive
Assertiveness	Connection	Empathy	Giving	Joy
Attentive	Consciousness	Empower	Goodness	Justice
Awareness	Consistency	Endurance	Grace	Kindness
Balance	Contentment	Energy	Gratitude	Knowledge
Beauty	Contribution	Enjoyment	Greatness	Lawful
Boldness	Control	Enthusiasm	Growth	Leadership
Bravery	Conviction	Equality	Happiness	Learning
Brilliance	Cooperation	Ethical	Hard work	Liberty
Calm	Courage	Excellence	Harmony	Logic
Candor	Courtesy	Experience	Health	Love
Capable	Creation	Exploration	Honesty	Loyalty
Careful	Creativity	Expressive	Honor	Mastery
Certainty	Credibility	Fairness	Hope	Maturity
Challenge	Curiosity	Family	Humility	Meaning
Charity	Decisive	Famous	Humor	Moderation
Cleanliness	Decisiveness	Fearless	Imagination	Motivation
Clear	Dedication	Feelings	Improvement	



Values List

O - W

Openness	Purpose	Sensitivity	Strength	Trust
Optimism	Quality	Serenity	Structure	Trustworthy
Order	Realistic	Service	Success	Truth
Organization	Reason	Sharing	Support	Understanding
Originality	Recognition	Significance	Surprise	Uniqueness
Passion	Recreation	Silence	Sustainability	Unity
Patience	Reflective	Simplicity	Talent	Valor
Peace	Respect	Sincerity	Teamwork	Victory
Performance	Responsibility	Skill	Temperance	Vigor
Persistence	Restraint	Skillfulness	Thankful	Vision
Playfulness	Results-oriented	Smart	Thorough	Vitality
Poise	Reverence	Solitude	Thoughtful	Wealth
Potential	Rigor	Spirit	Timeliness	Welcoming
Power	Risk	Spirituality	Tolerance	Winning
Present	Satisfaction	Spontaneous	Toughness	Wisdom
Productivity	Security	Stability	Traditional	Wonder
Professionalism	Self-reliance	Status	Tranquility	
Prosperity	Selfless	Stewardship	Transparency	