**Think**

Think about a recent, significant problem you have successfully solved at work.

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| What was the problem? |  |
| How did you feel about it? |  |
| What did you think about it at the time? |  |
| What was your attitude to the problem? |  |
| What action did you take? |  |
| What skills did you use? |  |
| Who did you involve? |  |
| What resources did you draw upon? |  |
| How did you break down any barriers? |  |
| Why did you preserve? |  |
| What was the outcome? |  |
| What did you learn? |  |
| How did you celebrate your success? |  |