

Lara Noe

Professor Susanne Hartl

BUS327: Business Communications: NO

Exercise 11.3

List 10 achievements that give you the most personal satisfaction. These could be things that other people wouldn't notice. They can be accomplishments you've achieved recently or things you did years ago.

Answer the following questions for each accomplishment:

1. What skills or knowledge did you use?
2. What personal traits did you exhibit?
3. What about this accomplishment makes it personally satisfying to you?

1. Getting fluent in a new language

What skills or knowledge did you use?

To become fluent in a new language, I had to develop skills in listening, speaking, reading, and writing in that language. To do this, I need to learn vocabulary, grammar and practice speaking and listening with native speakers.

What personal traits did you exhibit?

Learning a new language requires dedication, perseverance, and patience. It also requires a willingness to make mistakes and learn from them, as well as the ability to adapt to new cultural norms and ways of thinking.

What about this accomplishment makes it personally satisfying to you?

Becoming fluent in a new language is personally satisfying to me because it opens new opportunities for communication, travel, and cultural exchange. I can proudly say that I have successfully studied another language. Mastering another language has led me to new friendships and professional opportunities.

2. Learning a new music instrument (Saxophone)

What skills or knowledge did you use?

To learn to play a musical instrument, I first need to be able to read music, understand rhythm and timing, and master playing techniques.

What personal traits did you exhibit?

It has definitely needed discipline, patience, and dedication from me. It also requires a willingness to make mistakes and learn from them, as well as the ability to accept constructive criticism and feedback.

What about this accomplishment makes it personally satisfying to you?

It has helped me make new social contacts and lead opportunities to perform or collaborate with other musicians. In addition, it makes me proud to have a tangible representation of hard work and dedication.

3. Graduating from highschool with a good degree

What skills or knowledge did you use?

To graduate from high school with a good degree, you need to have a solid foundation in a variety of subjects with a wide range.

What personal traits did you exhibit?

Graduating with a good high school diploma requires hard work and perseverance. I also had to be able to set goals, use my time effectively, and prioritize.

What about this accomplishment makes it personally satisfying to you?

A good high school diploma demonstrates good academic achievement and opens opportunities for further education and career advancement. In addition, it signifies the completion of an important milestone in one's life and serves as a foundation for future success. It has helped me achieve my goal of studying here in the US.

4. Travel many places in the world

What skills or knowledge did you use?

Traveling to different places in the world requires a variety of skills and knowledge, e.g., language skills, and cultural awareness.

What personal traits did you exhibit?

Traveling to different places in the world requires and has helped me to have open-mindedness, curiosity, and a willingness to learn about and adapt to new cultures and ways of life. It also requires independence, self-reliance, and problem-solving skills.

What about this accomplishment makes it personally satisfying to you?

Traveling to different places around the world has helped me develop personally and has provided me with many new and great experiences and cultural enrichment. It can also broaden one's perspective and challenge one's assumptions and preconceptions. It has also allowed me to create lifelong memories and personal connections, and even to form new friendships and relationships.

5. Give up sugar and sweets for a month

What skills or knowledge did you use?

Giving up sugar and sweets for a month required me to have knowledge about food and nutrition and an understanding of the effects of sugar on the body. The biggest thing for me, though, was self-control and discipline in the first days and weeks to resist the temptations and cravings for sugar and sweets.

What personal traits did you exhibit?

Giving up sugar and sweets for a month, as previously mentioned, requires self-discipline, willpower, and determination. Also, for me, it took patience and perseverance to follow through with the goal of giving up sugar and sweets for an entire month.

What about this accomplishment makes it personally satisfying to you?

It has been satisfying for me to demonstrate this self-control and discipline, as well as a commitment to personal health. However, giving up has also led me to physical benefits such as more energy, better sleep, and weight loss.

6. Winning the soccer championship

What skills or knowledge did you use?

To win a soccer championship, you need technical and tactical knowledge as well as physical fitness and mental preparation. In addition, an understanding of the sport is necessary.

What personal traits did you exhibit?

Winning the soccer championship has required leadership, teamwork, and communication. Most importantly, it has taught us how to deal with setbacks.

What about this accomplishment makes it personally satisfying to you?

Winning a soccer championship was satisfying for each individual player as well as for the team. It is a validation of the hard work and effort put into training and preparation. But most of all, it has brought me memories and experiences with teammates who have become friends.

7. Running a half marathon

What skills or knowledge did you use?

To run a half marathon, you need physical fitness and endurance. The most important thing for me was mental strength and the ability to overcome physical discomfort and fatigue.

What personal traits did you exhibit?

Running a half marathon required discipline and endurance for me. I needed a positive attitude and a willingness to face challenges and leave my comfort zone.

What about this accomplishment makes it personally satisfying to you?

Running a half marathon has been personally satisfying to me because the months of preparation and hard work have paid off.

8. Mentoring and Coaching kids in soccer

What skills or knowledge did you use?

Coaching and mentoring children in soccer requires good stamina and the ability to effectively teach and demonstrate proper techniques and strategies.

What personal traits did you exhibit?

I have shown patience, empathy, and a genuine interest in the well-being and development of the players. It also involves strong leadership and communication skills.

What about this accomplishment makes it personally satisfying to you?

Coaching and mentoring children in soccer is something I really enjoy because you make a positive impact on young people's lives and help them develop important skills like teamwork. Also, it's just great to see how much fun the kids have playing soccer, and you see them get better from training session to training session.

9. Moving away from home

What skills or knowledge did you use?

Moving away from home has cost me, above all, adaptability and resilience to adapt to a new environment, and to make new friends.

What personal traits did you exhibit?

It took a lot of courage for me, but also independence and self-motivation to pursue educational and personal goals. It also requires open-mindedness and a willingness to embrace new experiences and challenges.

What about this accomplishment makes it personally satisfying to you?

Looking back on it today, it makes me very proud that I took the step to leave my family and friends behind to come to the U.S. and study here and play soccer at the same time. I pursued my goals despite the challenges and uncertainties that can arise.

10. Volunteering for homeless people

What skills or knowledge did you use?

For me, volunteering for the homeless requires empathy and compassion to understand the problems and challenges of homeless people, as well as communication and interpersonal skills.

What personal traits did you exhibit?

As previously mentioned, it takes many personal qualities, including empathy, compassion, and kindness, to understand the needs and challenges of the homeless and to offer support and assistance. In addition, being a volunteer requires patience, perseverance, and resilience, as affected individuals also often face harsh hardships.

What about this accomplishment makes it personally satisfying to you?

It has given me the opportunity to give back to the community and have a positive impact on the lives of others. It has provided a sense of purpose, fulfillment, and gratitude for being able to help people in need and improve their lives.