Golden Moments Worksheet

FIELD TOOL

The Golden Moments Worksheet. Use it with a job seeker over one or two sessions to find 10 golden moments. Framing each one with PAR and practicing it out loud are taught in the full Workforce Forward interview workshop.

Prepare: find 10 golden moments

- Ask, "Tell me about a time you were proud of yourself. It doesn't have to be at work."
- Look in every part of life: past jobs, caregiving, school, military, volunteering, faith or community groups, recovery, and time inside.
- Aim for a mix: a time they solved a problem, led or helped others, handled conflict, learned something fast, went above and beyond, and recovered from a mistake.

My 10 golden moments. Give each a short title so it is easy to remember:

1. _____ 6. _____
2. _____ 7. _____
3. _____ 8. _____
4. _____ 9. _____
5. _____ 10. _____

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