

EXPRESSION

Meaning → Expression is a frequently used word or phrase or it is a way to convey your thoughts, feelings or emotions. An example of an expression is the phrase "a penny saved is a penny earned". An example of an expression is a smile. Expression is a way to convey your thoughts, feelings or emotions.

Significant of Experiences

Significant experiences are the events in your own personal history you remember because they made you feel good, satisfied, engaged, invigorated, inspired, in the flow, looking back, whatever the outcome, you feel proud and fulfilled by those experiences.

Your significant experience can tell you a lot about what's really important to you. By reviewing your significant experience, you can gain insight into your values, beliefs, interests, strengths and dreams.

Whether you're you are choosing an occupation, thinking about going to school or changing your career direction, your significant experience

can help you. Like —

- Identify new opportunities
- Adapt to change
- Create a satisfying career
- Succeed in your chosen career.

The key to your significant experiences

If you're like many people, you feel most satisfied when the things you do mean something to you, significant experiences can involve tasks that you are good at, example like —

- School project that introduced you to an exciting new interest, whether or not you got an A+
- A time when you helped a neighbour, friend or classmate, even though your actions didn't make the 6 o'clock news.
- A time when you met a tight deadline, even though you were only 1 member of an entire project team.