



PEAK MOMENT ANALYSIS

My Peak Moment

What I was doing...

The environment/setting...

Objects / tools / technology I used...

Who else was there, and what they were doing...

The difference I made for others...



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Reflection Guide

Come up with a mountain top moment, or “peak experience” you have experienced in the past. It can be work related or any activity where you lost all sense of time. Write out this narrative in the first box.

What I was doing: Was this a structured or unstructured activity? Did you have a specific role to play (team leader) or were you a participant (for example, at a meeting or event)?

The environment/setting: Environments can have effects on our personal state. What kind of place was it and how did it make you feel?

Objects / tools / technology I used: What were the objects that created or supported your feeling engaged? Were you using concrete materials or conceptual ideas?

Who else was there, and what they were doing: What role did they play in making it an either positive or negative experience?

The difference I made for others: How did your actions impact another person or other people? How did you know? This might not be relevant for all peak moments, but it will be for some.

Reflect on how these insights apply to your possible next steps. Becoming more aware of what makes you genuinely happy can lead the way to rewarding career paths.

(Adapted from *Designing Your Life*)