**Exercise 2C – Create PARs-Problem Action Result Statements**

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| 1. **Identify an accomplishment from your Accomplishments List.** | | |
|  | | |
| **Write a PAR statement for that Accomplishment:** | | |
| 1. Problem: | |
| 1. Action: | |
| 1. Result: | |
| 1. **Identify an accomplishment from your Accomplishments List.** | | | |
|  | | | |
| **Write a PAR statement for that Accomplishment:** | | |
| 1. Problem: |
| 1. Action: |
| 1. Result: |
| 1. **Identify an accomplishment from your Accomplishments List.** | | | |
|  | | | |
| **Write a PAR statement for that Accomplishment:** | | |
| 1. Problem: |
| 1. Action: |
| 1. Result: |

**To have a broad selection of PAR’s to choose from, continue to add to your PAR list by repeating this form.**

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| **Review your PAR’s with a colleague or friend to refine your statements, as needed** |

***Move to the next step once you’ve completed this step thoroughly***