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

|  |
| --- |
| 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.**

|  |
| --- |
| **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***