

LIVED EXPERIENCE → SKILL TRANSLATION

Purpose:

This worksheet helps you identify how your lived experience has shaped real, transferable skills that support entrepreneurship—without requiring you to disclose or center your personal story.

*Your lived experience is not your business.
Your skills, insight, and capacity are.*

Part 1: Experience Reflection (Private)

Think about experiences that have shaped how you navigate the world. Share only what feels safe.

- A challenge or life experience that changed me:

- What I learned about myself during or after this experience:

Part 2: Skills That Emerged

From that experience, what skills did you develop? (Check or add)

- ☐ Problem-solving
- ☐ Adaptability / flexibility
- ☐ Emotional awareness
- ☐ Communication
- ☐ Boundary-setting
- ☐ Creativity
- ☐ Leadership
- ☐ Patience
- ☐ Resilience
- ☐ Systems navigation
- ☐ Empathy (without fixing)
- ☐ Other: _____

Part 3: Skill → Business Application

Choose one or two skills and explore how they could show up professionally.

Skill #1: _____

- How this skill shows up naturally in me:

- Where this skill could be useful in work or business:

Skill #2: _____

- How this skill shows up naturally in me:

- Where this skill could be useful in work or business:

Part 4: Reframing Statement

Complete this sentence:

“Because of my lived experience, I bring _____ to my work.”

Reminder

You get to choose if, when, and how your lived experience is visible.
Your credibility comes from competence, clarity, and care, not disclosure.