The Good Accidents

A Happenstance worksheet
Based on Happenstance Learning Theory (Krumboltz, 2009)

Some of the best career moves come from things you **didn't plan**. But good accidents don't just happen to 'lucky' people. They happen to people who stay curious, stay open, and say yes to things that don't make sense yet.

Rank the following skills from your strongest (1) to the one you want to work on most (5).

Curiosity	Do you explore new things just because they interest you?	
Persistence	When things get uncomfortable, do you keep going?	
Flexibility	How willing are you to shift direction?	
Optimism	Do you see unexpected events as opportunities?	
Risk-taking	Do you take action even when the outcome is uncertain?	

Your strongest skill

Which of the five came most naturally to you? Think of a time it served you well.

Your stretch skill

Which one scored lowest? What's one small thing you could do this week to practise it?

The rooms

Where could you put yourself this month that would increase the chance of a good accident? (An event, a course, a community, or a conversation with someone new)