



My Personal Achievements

We need to remember to focus our attention on what we've accomplished rather than on our failures and mistakes. Sometimes, we forget how to live our lives remembering what we do well and therefore may lose the opportunity to build confidence in ourselves and our ability to succeed.

A sense of achievement leads to self-esteem. Self-esteem empowers us to greater levels of achievement.

In each area of your life take inventory of all the blessings and achievements you have experienced and enjoyed. The awareness of blessings brings the attitude of gratitude, and the awareness of achievements builds confidence and self-assurance.

Past Life Achievements

Go to each area of your life and identify as many accomplishments and achievements as you can remember.

- Accomplishments growing up.
- People who have been a positive influence
- Special moments and events
- Happy times, fun times

Present Achievements

Goals accomplished

Courage taken

Things learned

Choices made.

Progress identified.

Adversities Overcome