### Collect Success Stories

1. Write down 5 proud moments from the past year
1
2
3
4
5
2. Ask family/friends for times they've seen you at your best
2. Ask family/mends for times they ve seen you at your sest
3. Note what problems people often ask you to help with

### Analyize Patterns

1. Look for rec	urring theme	es in these	stories		
Identify what	energizes v	/s. drains yo	ou		
Spot unique a	innroaches	vou bring to	challenges	<b>.</b>	
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# Weekly Accomplishment Tracking -Highlights Reel

1. Daily quick picks:
Snap a photo of something you're proud of
Screenshot positive messages or feedback
Record quick voice notes about wins
2. Weekly Reflection (Sunday Spotlight):
1. Review the week's highlights:
2. Pick top 3 moments to celebrate:
3. Plan one exciting thing for next week:
Notes:

## Positive Self-Talk That Doesn't Feel Cheesy

1. Catch the Negative
Notice when you're being hard on yourself:
Write down the exact thought:
• Rate how true it feels (1-10):
2. Challenge With Evidence
List 3 facts that contradict the negative thought:
Remember past successes in similar situations:
Consider what you'd tell a friend in the same situation:

## Positive Self-Talk That Doesn't Feel Cheesy

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#### Daily Power-Up Practices

#### Morning Mirror Moment (30 seconds)

- Look in the mirror
- · State one specific thing you're good at
- · Add "and I'm getting better every day"

#### **Confidence Anchors**

- Create a playlist of songs that make you feel strong
- Keep screenshots of positive messages
- Save photos of proud moments

#### **Challenge Chanpions**

- Pick one negative thought to challenge each day
- Share the challenge with a trusted friend
- Celebrate when you catch and correct negative self-talk

Notes:			