

The Achievement Diary

Sometimes we have days when we don't think we are good enough and we forget just how much we are capable of.

Write a list below of your achievements and accomplishments*, going back as far as you feel is relevant.

Next time you feel challenged or you are questioning your abilities, take some time to read the list back to yourself and remember how you felt each time you achieved one of those things.

This diary will flip your focus back to remind you that you are in control, you are totally capable, you are good enough, you have achieved before and you will achieve again and again.

*There is a very thin difference between the two and often two schools of thought but usually an achievement is a goal that has been reached and an accomplishment is a job or project that has been completed.

My Achievements and Accomplishments