

## Track and Measure Success

We are much better at remembering what went wrong and how we failed than our successes.

And when you feel like an imposter, one of the most difficult things to grasp is the role you have had in your own or others' successes.

For that reason, it is useful to keep track of your wins and your personal success story.

Whether keeping a digital or a handwritten copy, complete the following to record all that has gone well, and then review regularly or before a future challenge:

Situation	Description
<b>What was the situation?</b>	
<b>What was my involvement?</b>	
<b>What challenges did I face?</b>	
<b>What did I/we achieve?</b>	
<b>How did I feel?</b>	

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