

Recognizing Your Achievements

We often focus on the negatives: the mistakes we make and the things we haven't done. And yet, they do not define who we are.

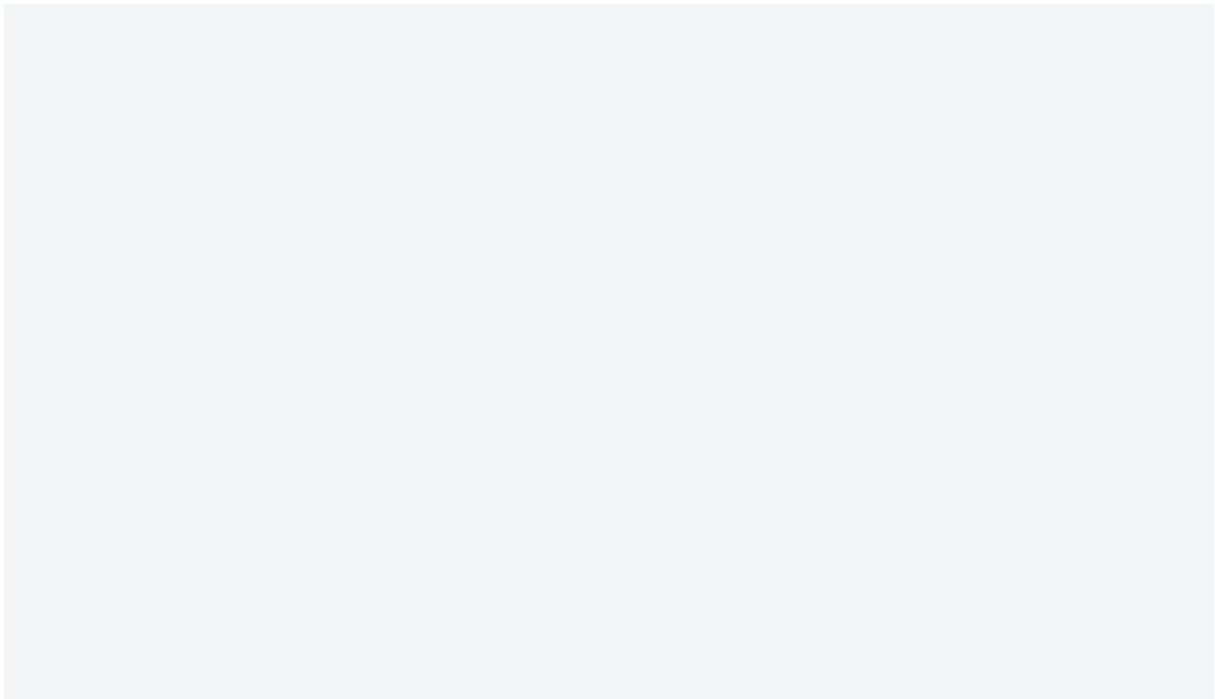
In this worksheet, we explore what you have achieved and have yet to achieve.

List the three achievements (so far) that you are most proud of in life:

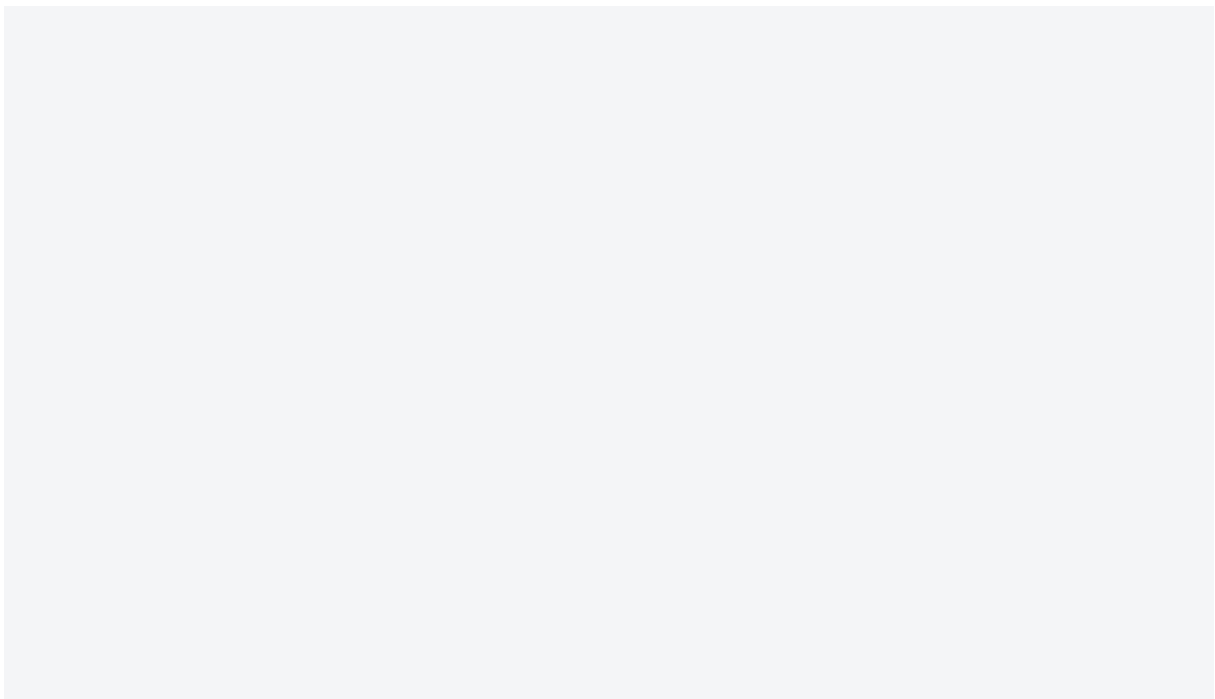
1.	
2.	
3.	

What would you like to achieve within twelve months and within five years?

If you were to receive an award, what would you like it to be for and why?



If you had only one accomplishment left to make it in your life, what would it be, and why?



Dr. Jeremy Sutton