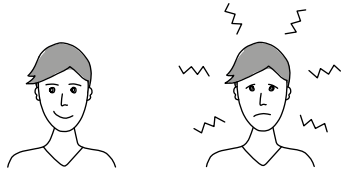


Affirmations

1. Start with the words "I am..."
2. Keep them positive
3. Keep them short and specific
4. Keep them in the present moment
5. Include a "feeling" word about yourself

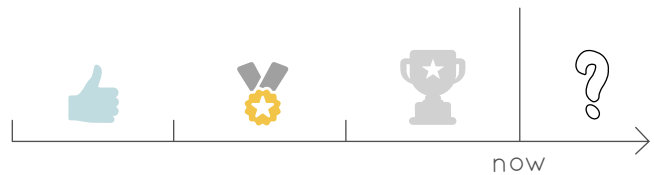


Self Confidence

1. Think of a situation in which you felt confident
2. Think of a situation in which you lacked confidence
3. Brainstorm ways to feel more like you did in situation one than in situation two

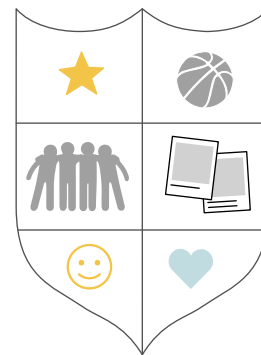
List your wins in

- The first phase of your life
- The second phase of your life
- Recent successes
- Successes you want to achieve in the next five years



Coat of Arms / Family Crest

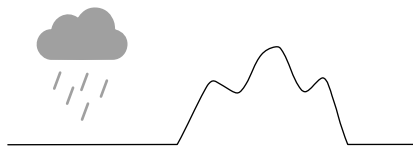
- Fill the crest with things you value, things you love, or anything that you feel represents you
- Be creative and decorate it to reflect who you are



My Goals

Setting Goals:

- Something I want to accomplish in the next week
- Something I want to accomplish in the next month
- Something I want to accomplish in the next year
- Something I want to accomplish in the next five years



Obstacles and Strategies:

- Obstacles to reaching my goals
- Things I will need to do to achieve my goals
- What I can begin doing tomorrow to work towards my goals

Flipping Your Mistakes, Failures and Obstacles

Think about the mistakes you have made and the obstacles and failures you have faced, brainstorm how to flip each one, and commit to the flip.

