**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.