



Acknowledge Your Accomplishments



Too often, we ignore or belittle our achievements. It's one of life's ironies that even people who have accomplished a lot in their lives sometimes fail to give themselves credit for those accomplishments. "Oh, that," they say, "that wasn't much."

But recognizing your accomplishments in a realistic way gives you a sense of quiet confidence, of knowing who you are, that serves you well in all areas of your life.

What did you do today that you felt good about? Include the small stuff, like picking up a piece of litter as you walked to your work area, as well as the big stuff.

What about yesterday?

Last week?

This month?

This past year?

The last five years?

The last 10 years?

Who is the person who did these things? You are!