

14-Day Self Growth Challenge

WITH COACH MOLLY K

Day 1: Reviewing "Wins"

Step 1

Take the time to list everything you've achieved this past year. And I mean everything, the small things and the big things. Maybe you participated in Walktober, got promoted, met a financial goal, and read 12 books. List them all. See if you can come up with 25 to 50 accomplishments. Don't quit until you've exhausted your brain and memory.

This activity is a reminder of what you have achieved and that you can do it again. It's a cue to ramp up your self-worth.

1	_____	26	_____
2	_____	27	_____
3	_____	28	_____
4	_____	29	_____
5	_____	30	_____
6	_____	31	_____
7	_____	32	_____
8	_____	33	_____
9	_____	34	_____
10	_____	35	_____
11	_____	36	_____
12	_____	37	_____
13	_____	38	_____
14	_____	39	_____
15	_____	40	_____
16	_____	41	_____
17	_____	42	_____
18	_____	43	_____
29	_____	44	_____
20	_____	45	_____
21	_____	46	_____
22	_____	47	_____
23	_____	48	_____
24	_____	49	_____
25	_____	50	_____

Step 2

If you haven't watched *It's a Wonderful Life* with Jimmy Stewart, you need to. It's a prime example of how small acts can make big impacts. Don't discount what you have achieved or who you are.

Looking forward to growing with you!

- Molly K.

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