



Believe in Yourself

Believing in yourself can be challenging if you are hanging onto anchored thoughts of not being worthy or feeling that you do not have enough to offer. Just be yourself. You are worthy of giving and receiving many things. No matter what others have said in the past what really matters is what you think of yourself. There are 7 billion people on the planet. Who are you giving your power to?

Recognize Your Skills and Abilities

What do people compliment you on?

What are some of your skills, talents, and abilities?

What education or knowledge do you possess?

What interpersonal qualities/strengths you possess?

What makes you unique?





Take 100% Responsibility for Your Life

“If you own this story you get to write the ending.”
– [Brené Brown](#)

Taking responsibility means:

- No excuses
- No complaining
- No blaming

You need to take personal accountability for your actions.

Event/Situation	What Happened	Who was responsible	What I Could Have Done (what I can control)
Example: Late for an appointment	Ride was late picking me up	My ride	<ul style="list-style-type: none"> • Call to make sure they were leaving on time • Call to make sure they remembered • Make sure I am ready to leave • Check online for traffic delays

What are 2 recent events that you may have blamed others, complained about, or made excuses for not getting the results or outcome you desire?

