



WRITE A WIN LIST

Create a reminder of moments where you were successful! Your Win List serves as a positive reminder of your personal accomplishments and ability to succeed.

Choose the medium that works for you.

Use a journal or a notebook, your computer, phone or tablet—even your bathroom mirror! Somewhere easy to see and access when you need it.

A win is anything that sparks positivity.

Did you have a goal that you accomplished this week? That's a win! Did a colleague thank you for something you did? Jot it down! Did you learn something new or generate a new idea? You got it—another win!

Refer to your list often. Your Win List is a place you can go when you're feeling discouraged to help boost your confidence, remind you of accomplishments you're proud of, and get you back on track.

MY WIN LIST:

