

My Confidence Builder

- We tend to forget our accomplishments and instead only focus on what still needs to be done.
- This is exhausting and a cause of burnout.
- Write down your 3 most impactful achievements or areas of significant progress from the past 90 days—personal or professional, big or small
- Write down the reason why it's significant and any further progress you can make.
- Start your team meetings with this exercise to engender **positivity, confidence, and focus**.

Achievement	Why It's Significant	Further Progress?

