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| **What Happened that Day that Pleased Me** | **My Strengths, Talents, Abilities and Qualities** |
| e.g. I walked along the river  Went through the survey results for webinar  Called my friend and had a catch-up | Self sare, grateful, committed, body in decent shape, love nature  Tech savvy, curious, can see patterns, insightful  Thoughtful, good listener, kind, loving |

**At Night:**

* Reflect on your day, focusing on what pleased you. Put them all in the left column.
* For each item, note what qualities of yours contributed to the item happening. Qualities can be ‘hard’ or tangible, like you’d put on a resume (e.g. speak German, computer literate), or ‘soft’ / intangible (e.g. willing, loving, good listener)
* Look at the list and notice what comes up in your body.

**The Next Morning:**

* Have a chat with yourself in the mirror and go over it.
* Notice what comes up in your body.
* Add a note about anything that came up.

**Master List:**

* Keep one!! Get a beautiful journal/book to write it in.
* Anytime a new quality surfaces on your daily check-in, add it to the list.
* When you’re about to do something scary, and you’re doubting yourself, get the Master List out, sit/stand in front of the mirror, and review if with yourself out loud
* Celebrate how awesome you are!!