

My TRUE CV

Name _____

Obstacles
Overcome

Changes
Embraced

Accomplishments
Accumulated

Challenges
Conquered

Accolades
Collected

Lessons
Learned

Fears
Faced

My TRUE CV

We humans are terrible record-keepers of our own accomplishments; it's evolutionary science! We're wired to remember what hasn't worked in order to not repeat it – so of course we recall our failures more easily than the times we've succeeded, or the times we've triumphed, or even those times that we've faced our fears and WON!

Use this worksheet to recall EVERY single adversity you've experienced and lived to tell the tale – because each one has made you stronger and added to what makes you unique. Also recall all of those little shining moments of success that may have been filed away as insignificant, because those accolades, accomplishments, and lessons MATTER! Then sit back and marvel at all that you've achieved; pat yourself on the back, brave soul! You deserve it!

My 2019 BIG LIFE GOALS