

List out 10 incidents when you beat the odds, when you healed, when you stood up for yourself. This is your Accomplishment List. Everything that you believe is an accomplishment, is an accomplishment. Nothing is too small to be on this list!

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Congratulations! I'm so very proud of you and all that you have accomplished! Give yourself a warm hug for me.