

# Celebrating your Achievements

*We will always end up living out our identity.*

*We need to learn to celebrate our achievements so that our identity can evolve.*

## EXERCISE 1:

### What's your greatest achievement?

In this exercise, you want to create "win memories" of every year in the last decade.

The activity requires you to consciously remember all the small successes you had to get to where you are today.

Focus on new skills you have developed, books you have read, courses you have taken and reflections you have made.

Throughout your lifetime, you've made **tens of thousands of wins**... most of them you've barely noticed.

This is about taking the time to acknowledge the progress you have made on a daily basis even as we're focused on meeting the challenges ahead.



## Let's start celebrating your achievements! :)

1. Write down your biggest achievement for each of the past 5 years.
2. Beside each achievement, write down the abilities you have that helped you achieve it.
3. Beside each achievement, write down your personal qualities that allow you to accomplish what you did.

A little confused? Let's do it together!

Here's how Arjun wrote his:

My biggest achievement of

2020 :  
I gave a speech to my whole school.

I did this well because...

I like writing and wrote a good script

I also learnt to be a bit more comfortable speaking in front of a crowd

I achieved this because I am...

Resilient

I almost gave up because I was worried about my stage fright. But I persisted and kept practicing.

Now, you try!

My biggest achievement of

\_\_\_\_\_ :

I did this well because...

I achieved this because I am...

Let's try one more :-)

My biggest achievement of \_\_\_\_\_ :

I did this well because...

I achieved this because I am...

You've done so much! Tell me more?



My biggest achievement of \_\_\_\_\_ :

I did this well because...

I achieved this because I am...

How about the previous year?

My biggest achievement of \_\_\_\_\_ :

I did this well because...

I achieved this because I am...

You're amazing!! Still remember that accomplishment 5 years ago?

My biggest achievement of \_\_\_\_\_ :

I did this well because...

I achieved this because I am...

## EXERCISE 2:

### Understanding yourself.

Have you ever thought about what your strengths are?

When we focus on our strengths, we realise *what we are capable of*. These strengths are what will help us achieve our dreams!

### Let's learn about our strengths together!

1. Write down your top 3 strengths.

Here's what Arjun wrote:

hardworking	I enjoy helping other people	Optimism - even when things are difficult I focus on the good parts
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How about you? What are some of your strengths?

strength #1:	strength #2:	strength #3:
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Some things are easier to see from a distance. How about we ask the people around us what they think we're good at?

2. Speak to 3 people (ideally from different settings, e.g Home, school, club) and ask them what they think your top 3 strengths are. Write what they say below!

\_\_\_\_\_ said that these are my strengths:

strength #4:	strength #5:	strength #6:
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\_\_\_\_\_ said that these are my strengths:

strength #7:	strength #8:	strength #9:
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\_\_\_\_\_ said that these are my strengths:

strength #10:	strength #11:	strength #12:
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