2021 Accomplistments

Write 25 - 50 things you are proud of, accomplishments, goals achieved. Give yourself some time in a comfy space and think back to all you have done in the last year. Push yourself to list more than you think possible, it's a great exercise in noticing the positive.

If you are feeling stuck: Go through your social media posts, your calendar or finished items in your task management program. You could also talk to someone who supports you in your business, your biz bestie or partner to get reminders of the things you have done.