

## **Create a strength board – post it where you can see it - Homework**



Write down all your strengths – big and small.

(Or imagine your friends and write down what qualities they would say you have)

Human brain brings up negatives easier than positives. We need to purposefully do this to remember and acknowledge our own strengths.

## **Create an accomplishment board**



Write down Every small accomplishment you have achieved in the last year

And then write down every accomplishment over your lifespan

Write them down slowly – and savor the feelings

Look at these things

These things will help you to build greater confidence and self trust

## **Create a skills board**



Write down every skill you have developed in your lifetime.

Look at your strengths and accomplishment boards and ask your intuition what else should be added to your list.

Imagine your friends are in the room and ask them what they would add to the list and write those things down too.

Meditate on all these boards

All of these boards will help you achieve your goals and find out your purpose in life.

People who felt deep meaning and purpose in their life were healthier and this are ways to point to optimistic things

Adapted from Mark Waldman [www.markrobertwaldman.com](http://www.markrobertwaldman.com)