

Create a list of 101 of your past accomplishments

(Read over the list when you need a self-esteem boost)

Some ideas:

- Start with some of your biggest and favorite accomplishments.
- Include any awards
- Make sure you write a least 101 accomplishments.
- List small accomplishments too, like: learned how to walk, completed kindergarten, passed first grade, passed second grade.
- Include skills you've learned from hobbies.
- Include good-deeds you've done.

Here are some sections to think about as well:

1. Education/ learning
 - a. In example: passed first grade!
2. Life skills/ or Adult-ing skills
 - a. In example: learned to tie my shoes
3. Leisure/ Fun/ Hobbies
 - a. In example: learned to ride a bike
4. Social/ Relationships
 - a. In example: got first date
5. Financial/ money/ possessions
 - a. Saved up money to buy a xyz
6. Charity/ giving
 - a. In example: Gave x amount of money to a good cause or helped neighbor
7. Work/ Career
 - a. In example: Got a job or got dream job
8. Health and fitness
 - a. In example: started yoga

My 101 Accomplishments

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	
21	
22	

Rec Therapy Today

My 101 Accomplishments

23	
24	
25	
26	
27	
28	
29	
30	
31	
32	
33	
34	
35	
36	
37	
38	
39	
40	
41	
42	
43	
44	

Rec Therapy Today

My 101 Accomplishments

45	
46	
47	
48	
49	
50	
51	
52	
53	
54	
55	
56	
57	
58	
59	
60	
61	
62	
63	
64	
65	
66	

Rec Therapy Today

My 101 Accomplishments

67	
68	
69	
70	
71	
72	
73	
74	
75	
76	
77	
78	
79	
80	
81	
82	
83	
84	
85	
86	
87	
88	

Rec Therapy Today

My 101 Accomplishments

89	
90	
91	
92	
93	
94	
95	
96	
97	
98	
99	
100	
101	

Rec Therapy Today