Copyright self-esteem-school.com All rights reserved

Paul Ogunkoya

www.self-esteem-school.com

LIST YOUR WINS IN LIFE WORKSHEET

Instructions:

Write down three things you have succeeded at for each phase of your life. Whenever you find yourself feeling low because you haven't yet achieved certain thing you want, remember your wins and relieve them, let them lift you and encourage you. **You Have Won Before, You Will Win Again!**

The first phase of my life **Age** _____ (for example 0-10 years old)

1 _____

2 _____

3 _____

The second phase of my life **Age** _____

1 _____

2 _____

3 _____

Recent Successes **Age** _____

1 _____

2 _____

3 _____

Success I want to achieve in the next 5 years **Age** _____

1 _____

2 _____

3 _____