

Self-Achievement Log

This worksheet helps you build confidence by reflecting on past achievements and recognizing your capabilities.

Examples:

Example:

- Achievement: Completing a marathon.
- Actions: Training consistently for months.
- Skills: Discipline, perseverance.
- Feeling: Pride and accomplishment.

Instructions:

1. List 3 achievements you are proud of (big or small).
2. For each achievement, write:
 - What actions you took.
 - What skills you used.
 - How it made you feel.
3. Reflect on how these achievements demonstrate your capability.