

Remembering My Successes

It is easy to become discouraged when we forget the times when we were successful at making some change in our lives, or at least achieving something we wanted to achieve. Everyone has made a successful change at some time in his or her life. Let's remember your successes.

1. List some positive changes you have made in your life.

2. Pick one of the changes you listed above, perhaps the one that was hardest to achieve, and list the following:

When did you first start thinking about making a change? What was going on in your life at the time?

Did you achieve the change all at once, or take small steps?

What were some of the steps?

How do you feel about the change today?