

ACKNOWLEDGE YOUR POSITIVE PAST

Divide your life into three equal time periods. For example, if you were 45, your three time periods would be 0-15, 16-30, 31-45. List three successes you've had for each time period. Then continue to grow the list. See if you can get all the way to 100 successes!

1st Third: Birth to _____	
1.	
2.	
3.	
4.	
5.	
2nd Third: _____ to _____	
1.	
2.	
3.	
4.	
5.	
3rd Third: _____ to _____	
1.	
2.	
3.	
4.	
5.	