Wins List

A "Wins List" is a confidence building and self-empowerment technique that will help you stay on track.

Sometimes you may lose sight of how great you are doing and how far you've come. A Wins List is a where you track your accomplishments, big or small. Then, when you aren't feeling so confident, or if you are having a bad day, you can refer to your list and realize that you're doing better than you think.

Because it is likely you ARE doing better than you think!

I Can, I Am, I Will.

What are some of your wins?

CAN,
AM,
WILL.

www.canamwill.com

© 2021, Lyndsey Getty