

Excavating Your Accomplishments

Pick a start date and record what you have accomplished so far. What have you achieved recently? What are you proud of or feel good about? To help uncover these endeavors, look at any place where you invest your time, money and effort. Consider both the external and internal you, and look not only to what you have done, but also who you have become.

START DATE: _____

CAREER:

PERSONAL GROWTH:

WELLNESS:

RELATIONSHIPS:

COMMUNITY:

FUN/NEW HOBBIES:

FINANCES:

HOME:
