



Cultivating Your Successes:



Developing a positive self-concept depends upon what you think about most. While most of us can spend a lot of time looking at our weaknesses or personal “warts”, it is more valuable to have a quick assess to our successes in life.

For the next 15 minutes think about the times when you were most successful. You may remember a particular athletic contest, a perfect score on an exam, a fear that you overcame, a risk you took with another person, or any other personal victory that

makes you feel empowered, happy, and confident.

In each of the spaces below identify the date and place of each success followed by a detailed description of each. Write in clear detail the sights, sounds, images, and all other details you can remember. Below this description see if you can include the lessons you learned from each success as well as what you can do to utilize each lesson in the future. Do this for your top 10 memories of success. Then see if you can complete your top 100!

1. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

2. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

3. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

4. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

5. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

6. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

7. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

8. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

9. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

10. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

11. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

12. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

13. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

14. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

15. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

16. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

17. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

18. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

19. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

20. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

21. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

22. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

23. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

24. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

25. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

26. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

27. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

28. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

29. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

30. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

31. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

32. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

33. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

34. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

35. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

36. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

37. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

38. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

39. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

40. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

41. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

42. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

43. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

44. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

45. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

46. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

47. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

48. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

49. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

50. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

51. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

52. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

53. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

54. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

55. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

56. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

57. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

58. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

59. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

60. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

61. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

62. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

63. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

64. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

65. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

66. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

67. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

68. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

69. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

70. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

71. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

72. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

73. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

74. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

75. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

76. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

77. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

78. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

79. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

80. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

81. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

82. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

83. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

84. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

85. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

86. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

87. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

88. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

89. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

90. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

91. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

92. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

93. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

94. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

95. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

96. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

97. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

98. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

99. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

100. Memory of Success: _____

Date: _____ Where did this take place? _____

Details of the Event:

**Congratulations on
completing this exercise!**

You now rank among the few with a comprehensive archive of your own personal achievements. Review this list as often as you like to improve self-confidence and personal appreciation.