

# #CURATE *your* HAPPY

## HAPPY TASK – DAY 3: REMEMBER WHO YOU ARE

In times when we're feeling like failures, less than worthy, or under-appreciated, it's important to remind ourselves of the great things we have accomplished both personally and professionally. From childhood to now, I want you to think about your greatest accomplishments that have made you feel the most proud of YOU.

Here are some thought starters:

- Won the spelling bee contest in the third grade
- Make the game-winning point at the buzzer in a middle school basketball game
- Was recognized at my job for closing the most deals
- Left my 9-5 to start a successful online business
- Just celebrated 5 years of marriage
- Just celebrated 10 years sober

A large grid of small dots for writing notes.

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Whether you believe it or not, you've accomplished MUCH more than you think, and this list will prove it! Fill in the 10 slots below with your most valued accomplishments, and if you find that you have more, use one of the note pages for the overflow, or continue your list in your personal journal.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_



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Mahatma Gandhi once said, “Your beliefs become your thoughts, your thoughts become your words, your words become your actions, your actions become your habits, your habits become your values and your values become your destiny.” So basically, you are what you think... PERIOD!

I want you to take a moment to make a mindset shift and list out at least 10 positive affirmations that will change your perspective and your life!

Here are some thought starters:

- I am successful personally and professionally
- I give and receive soul-satisfying love effortlessly
- I am worthy of every great opportunity
- I am fearfully and wonderfully made
- I live in unstoppable abundance

Now it's your turn...

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_

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## JOURNAL REFLECTION

Need more space? Continue thoughts from today's activity in your own journal and take a deeper dive on celebrating your accomplishments and declaring your affirmations.