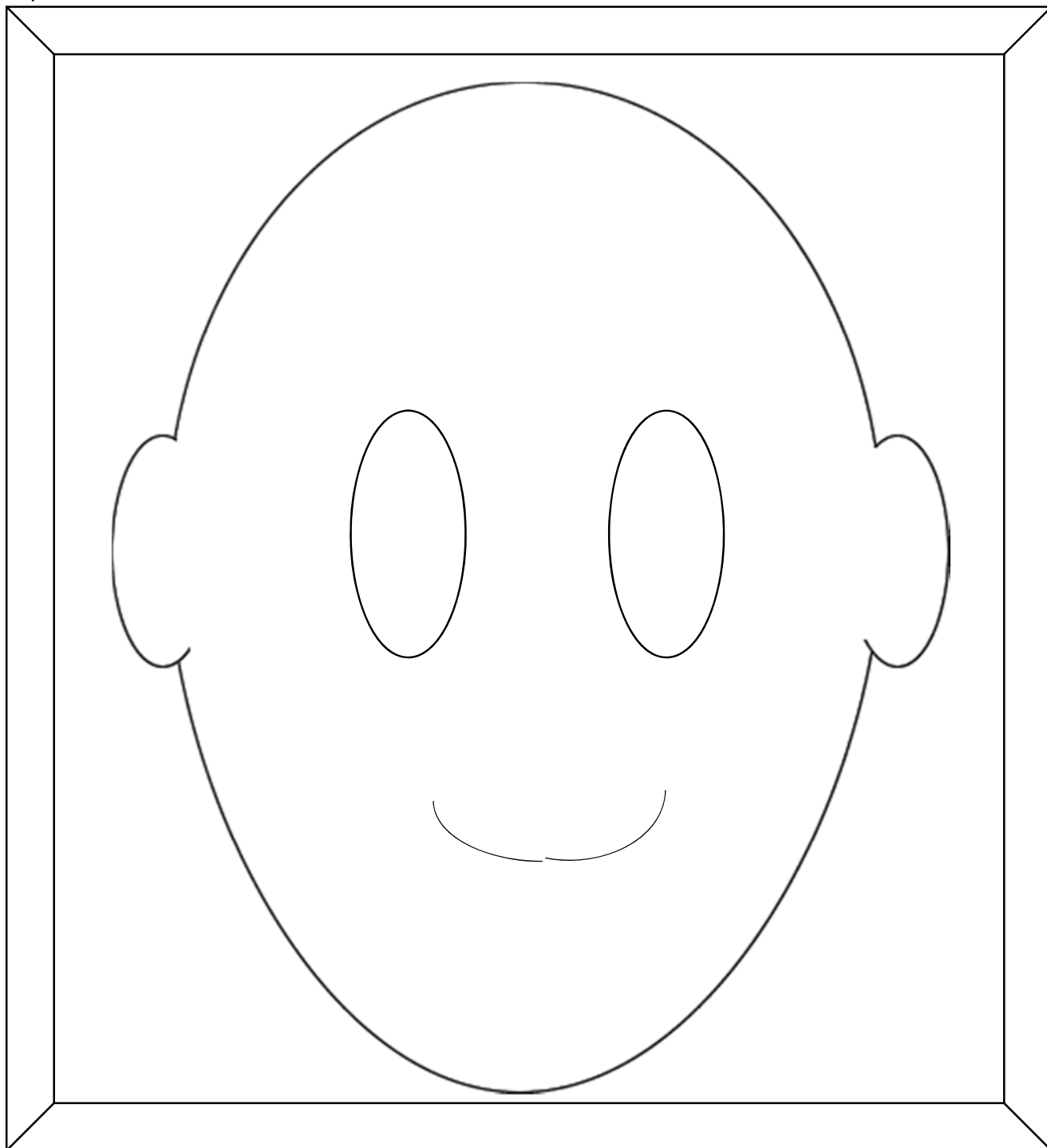


Personal Review - Look at Me

So how is it going? How do you feel? Have you changed during the course? Looking in the mirror now what do you see/believe? In the mirror below put down the positives & changes you feel & recognise in yourself & your life. You can add to this whenever.



What level of self-esteem would you place yourself at from a scale of 1 (low) to 10 (high).

1 2 3 4 5 6 7 8 9 10

I'm most proud of:

Moving on or the final sheet

So think about the things you have discovered about yourself which will help you belief in yourself.
What main thing have you learnt from challenging yourself & your thoughts?

Complete your Motivation Profile below. If you prefer you can do a Motivation Profile Poster or illustration if you feel you need to write more detail.

My Personal Motivation Profile

My self-doubt/negativity is mostly triggered by...

I motivate myself by...

People can help me by...

I have learned to...

I feel good by...

In the future I want to...

'Remember we cannot command our life but we can command our actions'