

# Create a list of 101 of your past accomplishments

(Read over the list when you need a self-esteem boost)

## **Some ideas:**

- Start with some of your biggest and favorite accomplishments.
- Include any awards
- Make sure you write a least 101 accomplishments.
- List small accomplishments too, like: learned how to walk, completed kindergarten, passed first grade, passed second grade.
- Include skills you've learned from hobbies.
- Include good-deeds you've done.

## **Here are some sections to think about as well:**

1. Education/ learning
  - a. In example: passed first grade!
2. Life skills/ or Adult-ing skills
  - a. In example: learned to tie my shoes
3. Leisure/ Fun/ Hobbies
  - a. In example: learned to ride a bike
4. Social/ Relationships
  - a. In example: got first date
5. Financial/ money/ possessions
  - a. Saved up money to buy a xyz
6. Charity/ giving
  - a. In example: Gave x amount of money to a good cause or helped neighbor
7. Work/ Career
  - a. In example: Got a job or got dream job
8. Health and fitness
  - a. In example: started yoga

# *My 101 Accomplishments*

|    |  |
|----|--|
| 1  |  |
| 2  |  |
| 3  |  |
| 4  |  |
| 5  |  |
| 6  |  |
| 7  |  |
| 8  |  |
| 9  |  |
| 10 |  |
| 11 |  |
| 12 |  |
| 13 |  |
| 14 |  |
| 15 |  |
| 16 |  |
| 17 |  |
| 18 |  |
| 19 |  |
| 20 |  |
| 21 |  |
| 22 |  |

**Rec Therapy Today**

# *My 101 Accomplishments*

|    |  |
|----|--|
| 23 |  |
| 24 |  |
| 25 |  |
| 26 |  |
| 27 |  |
| 28 |  |
| 29 |  |
| 30 |  |
| 31 |  |
| 32 |  |
| 33 |  |
| 34 |  |
| 35 |  |
| 36 |  |
| 37 |  |
| 38 |  |
| 39 |  |
| 40 |  |
| 41 |  |
| 42 |  |
| 43 |  |
| 44 |  |

**Rec Therapy Today**

# *My 101 Accomplishments*

|    |  |
|----|--|
| 45 |  |
| 46 |  |
| 47 |  |
| 48 |  |
| 49 |  |
| 50 |  |
| 51 |  |
| 52 |  |
| 53 |  |
| 54 |  |
| 55 |  |
| 56 |  |
| 57 |  |
| 58 |  |
| 59 |  |
| 60 |  |
| 61 |  |
| 62 |  |
| 63 |  |
| 64 |  |
| 65 |  |
| 66 |  |

**Rec Therapy Today**

# *My 101 Accomplishments*

|    |  |
|----|--|
| 67 |  |
| 68 |  |
| 69 |  |
| 70 |  |
| 71 |  |
| 72 |  |
| 73 |  |
| 74 |  |
| 75 |  |
| 76 |  |
| 77 |  |
| 78 |  |
| 79 |  |
| 80 |  |
| 81 |  |
| 82 |  |
| 83 |  |
| 84 |  |
| 85 |  |
| 86 |  |
| 87 |  |
| 88 |  |

**Rec Therapy Today**

# *My 101 Accomplishments*

|     |  |
|-----|--|
| 89  |  |
| 90  |  |
| 91  |  |
| 92  |  |
| 93  |  |
| 94  |  |
| 95  |  |
| 96  |  |
| 97  |  |
| 98  |  |
| 99  |  |
| 100 |  |
| 101 |  |

**Rec Therapy Today**