

# My Treasure Chest IV

## Inventory of my successes and accomplishments: Learning to *appreciate* my SELF

***Identify as many successes and accomplishments throughout your life that you can remember. In difficult times, you can take out this list and recite it out loud or in your head in order to acknowledge the potential that your Self holds.***

1. I learned how to walk, speak, to be financially autonomous, etc.
2. I completed grade school / high school / college / university / other course or program.
3. I have a job / I am studying / I do volunteer work, etc.
4. I gave a presentation at school or a work for which I am (or need to be /could be) proud.
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