

List Attributes You Possess

“Courage is the most important of all the virtues because, without courage, you can’t practice any other virtue consistently.”

— Maya Angelou

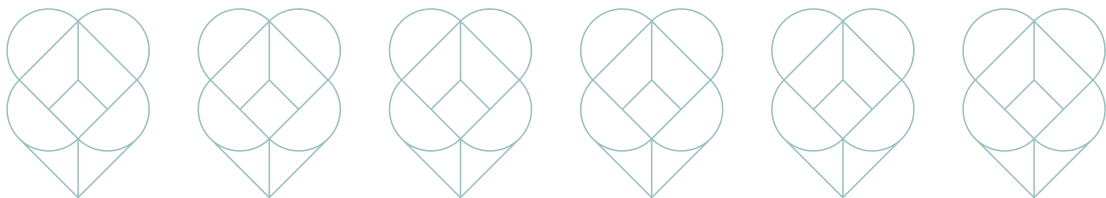
What to do:

Think about the ways you are witnessing resilience, growth, and success in your life. Make a list of these. To help, think about:

- When do you feel you are most aligned with your values?
- How do you want to be in the world?
- What is YOUR definition of success?

If you’re having trouble, here are a few that might be true for you:

- I am tired, but I am here.
- I am working hard at processing my own trauma.
- I am showing up for my friends.
- I am proud of how I handled [a difficult situation].
- I have witnessed myself being kind.



Why it is worth doing:

It's so easy for all of us to list all the ways we need to improve. And, sure, it helps to be aware of areas we need growth. But this exercise is about recognizing all the ways you are already witnessing resilience, growth, and success in your life. Research has shown that making progress, however small, is the number one thing that boosts mood in the workday. The more often people experience a sense of progress, the more creatively productive they are in the long run. By providing positive feedback about your progress and personal successes, you are providing creative feed for your own productivity.

If you have more time:

Write your attributes down as a list to keep with you. Pull it out when you're having moments of doubt and are feeling down. It's difficult to practice when you're not believing the affirmations, so by writing them in your own handwriting, you create a permanent reminder that you once believed them to be true. Deep inside, you still know them to be true. Repeat. Repeat again. You are doing great!

