

Building your Confidence – The ACES in your hand

Achievements : start by asking yourself, “what were my 5 best achievements from the last quarter?”

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Confidence: then ask yourself, “what are the 5 areas of focus and progress making me the most confident right now?”

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Excitement: consider “what new things are giving me the greatest sense of excitement going forward?”

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Success: finally, if I could focus on 5 actions that would accelerate my success during the next quarter, what would they be?

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