

WHAT'S COOL ABOUT YOU

I learned this exercise from Sean Stephenson, the three-foot-tall giant. He reminded me that when life gets stressful, we tend to focus on our mistakes and forget what we've accomplished. Use this exercise to remind yourself what's cool about you and boost your confidence so you can move your vision forward.

SO, WHAT'S COOL ABOUT YOU?

Write your list in the box below. Here are a few sample ideas from me to get you started:

- *I put my kids first over work and accomplishments.*
- *I can operate a bulldozer and a backhoe.*
- *I still have my best friend from fifth grade.*
- *I was the New England snowmobile grass drag champion in my 20s.*

NOW IT'S YOUR TURN