

Exercise 1: Your personal success story

Recall a situation in your life when you were really proud of yourself.

Briefly describe the situation:

- What exactly were you proud of?
- How did it feel in your body?
- Which of your abilities were involved in this sense of achievement?
- Imagine that you are reliving this experience now and you are in the middle of it, full of pride and self-confidence - with what attitude will you master future challenges?

Your notes