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| **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?
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| *Your notes* |