

|  |
| --- |
| **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* |