

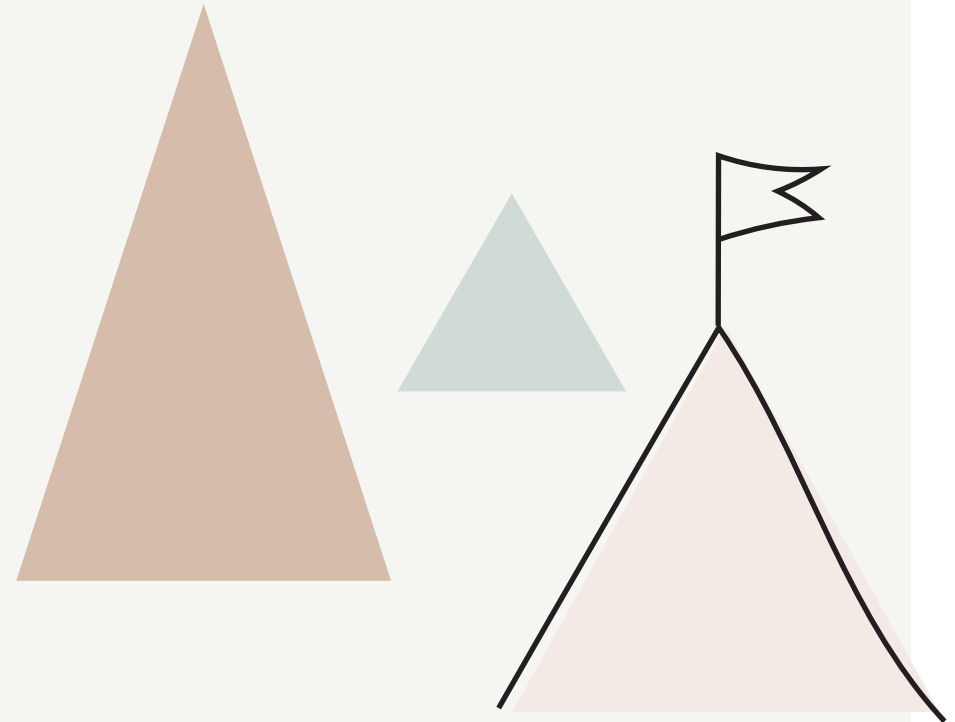
Acknowledge & celebrate your achievements

Think about the past year, month, week or day. What did you achieve? What courageous, challenging or even just tedious tasks did you complete?

By celebrating all our tiny victories we can create more confidence and self-worth. It moves us further to reaching our goals.

Let's take some time to pause and reflect!
Before you hop onto the next thing on your to-do list, take the sheets to draw a mountain peak for each achievement and celebrate all that you have done.

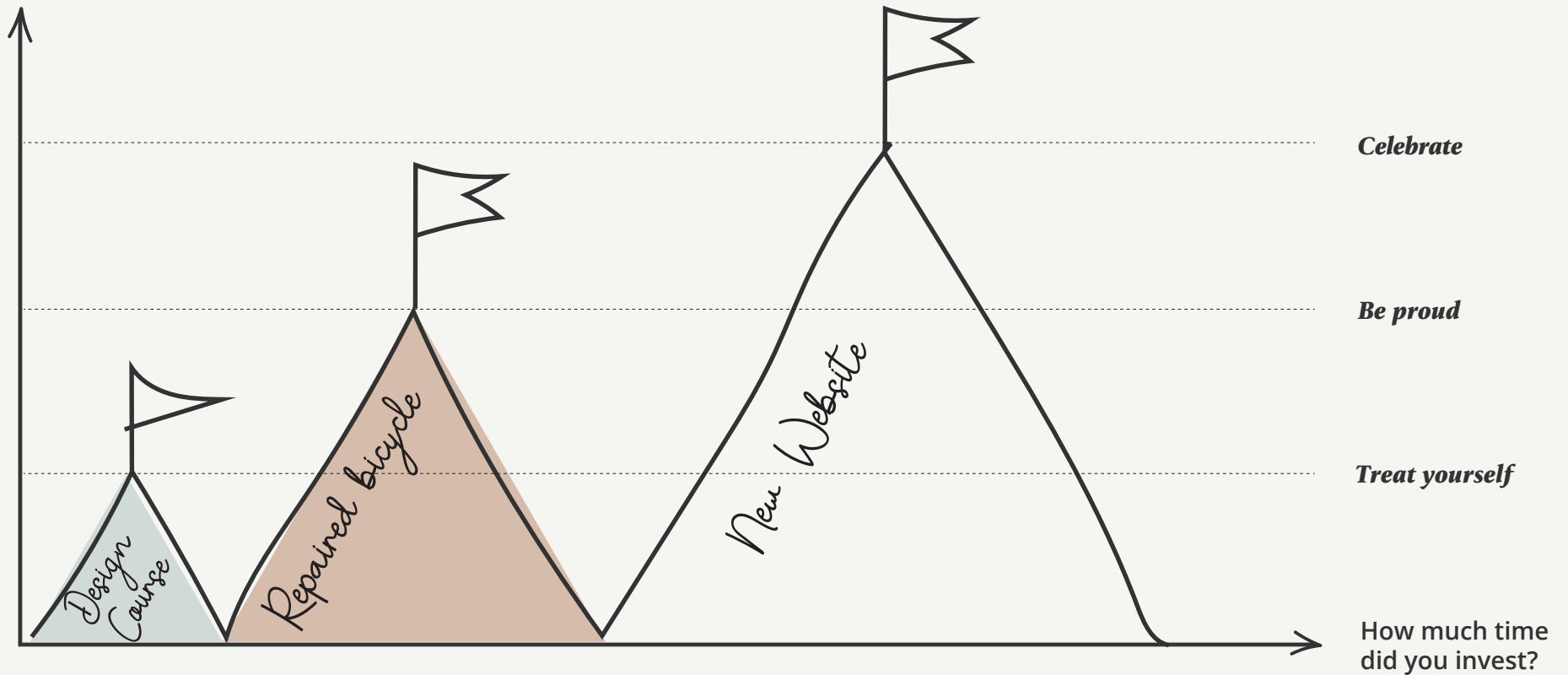
It totally makes a difference!



Acknowledge & celebrate your achievements

An example of how to draw your mountain peaks

How important is this for you?



NAME Stephi

THINK ABOUT THE PAST:

DAY

WEEK

MONTH

YEAR

DATE 01 / 01 / 2021

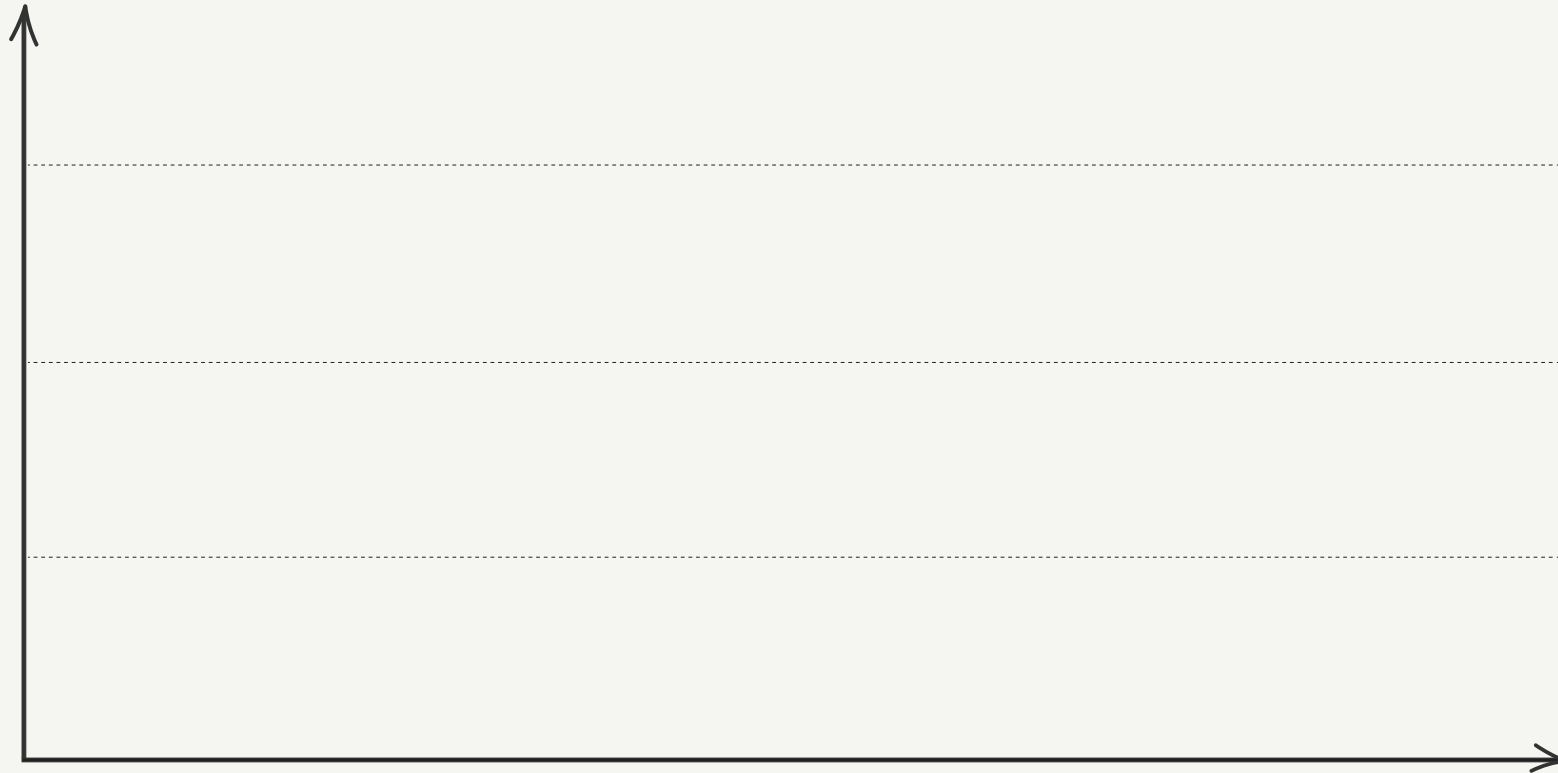
© 2020 Marcella de Tapia & Stephi Batliner

Acknowledge & celebrate your achievements

Print & fill out!

Draw a mountain peak for each accomplishment

How important
is this for you?



Celebrate

Be proud

Treat yourself

How much time
did you invest?

NAME _____

THINK ABOUT THE PAST: DAY WEEK MONTH YEAR

DATE _____

© 2020 Marcella de Tapia & Stephi Batliner

Why tracking our achievements?

The story behind the project

In conversations with each other and the people around us, we noticed that we had something in common: we were never satisfied with what we had achieved.

We always thought that what we had done was not enough. However, when we had dug deeper, we suddenly started seeing that we had carried out so many things we initially labeled as 'nothing'.

We were so focused on the things we did *not* achieve that we completely disregarded our accomplishments big and

small. That's when we realized the importance of taking a step back and appreciating our victories.

As soon as we started to be more aware of our successes we began to feel better and see ourselves from a different perspective. And because it was such a game-changer for us, we wanted to pass it on to you.

We created this worksheet as a tool to help you recognize what you have completed and to value yourself. Let's try it! Which hills and mountain peaks did you reach today?



Marcella de Tapia

*Business Mentor & Creativity Coach
Writer, Photographer, Nature Lover, Traveler*

I help heart-centered creative entrepreneurs grow their business, bring their creative projects to life, and take courageous action towards their purposeful goals.

marcelladetapia.com



Stephi Batliner

*User Experience Designer, Storyteller, Writer, Researcher,
Sexual Health Advocate*

I'm an unstoppable power force on the volleyball court, who believes in creating positive impact and experiences through human-centred design. I love getting my hands dirty with a diverse team.

stephibatliner.com

“

***Celebrating a win, no matter how tiny,
will quickly lead to more wins.***

BJ Fogg, Ph.D.

