



Know The Power

That You Have

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This is a strength-building exercise. This is not for physical strength and endurance but for emotional and mental strength and endurance that you will need to sustain you during periods of doubt, difficulties and frustration. This exercise will help you to remain aware of the things that you have accomplished so that you will be able to forge ahead with the things you can accomplish.

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- Use a Journal. Write down a list of the accomplishments you've had in various areas of your life. As you list your accomplishments, also list the feelings and thoughts you had and the struggles you endured while working toward each of those accomplishments. This part of the exercise will show you how the road to each of the accomplishments was not easy or smooth, that the road might have contained negativity and doubt, but that, despite all of those factors, the road ultimately led to an accomplishment. As you've succeeded before, you can succeed again.
 - Using the Journal, write down a list of your personal strengths, assets and abilities. Write how each of your strengths, assets and abilities has contributed to the accomplishments you listed in the previous part of this exercise, but also list how those factors have helped you to endure adversity and negativity to become the person you are right now. During periods of doubt and stress, it's easy to forget the strengths and positive assets that you have. This exercise will have you think of your assets and strengths and then write them down so that you can refer to them later on when you experience stress and difficulties. The more you are reminded and remain aware of all that you have going for you the more certain you can be that you can achieve what you are pursuing.
 - Using the Journal, write down a list of the resources you have at your disposal. The resources can be a variety of different things, such as money, people you know, access that you have to various forms of information, access that you have to influential people, etc. List the resources you've used in the past that helped you to achieve some of the accomplishments you listed in the previous section of this exercise. The more aware you are of the resources that you have the less likely you are to feel alone as you pursue your goals.