



**HAVASS**  
Academy & Coaching

## DAY 11

### *Do you realize all that you have accomplished so far?*

If you say, "No, I haven't accomplished anything," then you are in a big mistake. You successfully graduated from the last school you attended. You helped someone.

- You did the chores your mother gave you when you were little.
- You got sick, then you got back up in great health.
- You got through some difficult days and nights.
- You dealt with the possibility that the things you wanted didn't happen and you fought like a lion.
- You have been ACHIEVING things since the day you were born. The fact that you underestimate your success does not change that fact. This is the ego's biggest game, trying to keep you in its safe space. It makes you believe in the illusion that what you have achieved is not so great. When you learn to celebrate your successes with enthusiasm, your view of yourself changes.



### *You'll feel stronger. Shall we test it?*

What you're going to do today is write down everything you've accomplished and achieved so far on the worksheet.

We are asking you to write down even the SMALLEST success here. (You are the one who adds the title "little" to these successes.)

Maybe you have removed someone from your life who was not good for you, maybe you have already survived heartbreak, maybe you have passed a subject you have been working on for a long time....

It's time to stop despising you and be proud of yourself. See you tomorrow!



#### *Tasks*

- Read it along with what you wrote on Day 1, 2, and 3.
- Listen to your statements before you go to sleep at night.

