1. **List the successes you have created in your life.**
   1. I graduated high school
   2. I have completed the first few steps to starting my career
   3. I own my second car
   4. I have a dream closet
   5. I am happy
   6. I enrolled myself back into classes
   7. I played varsity sports
   8. I’ve won a championship
2. **List positive risks you have taken in life**
   1. I put half my savings into an upcoming boutique, which is excelling very well.
   2. I packed up and became a live-in nanny away from home for benefits
   3. I said screw it and bought the plane ticket, success on that visit
3. **List important actions that you presently have some resistance doing**
   1. Reaching out about grades or lectures I didn’t do or failed
   2. I don’t look things up when I don’t understand something
   3. In person classes give me so much anxiety, so I do online
   4. I don’t like asking for help. Ever.
   5. I hate everything about confrontation
   6. I procrastinate all the time
4. **Write a visualization of yourself successfully completed one of those**
   1. When I am doing an assignment and I am confused or don’t know what something means or what’s going on then I will reach out to my professor and ask for help and clarification on the assignment.