

Resilience – Writing a New Script to Help Form New Habits

Rewrite the script in your head by identifying five crucial times in your life when you were courageous and overcame adversity. Also, record five achievements that you are most proud to have accomplished.

Courage and Courageousness	Achievements

Print this list out, carry it around with you and turn to it every time you hear your inner critic start to speak. Form a new habit, and whenever anxiety and self-doubt arises, focus on the times you have been courageous during your life and career, and rewrite the script in your head.