

Let's reflect on the people in our lives who have encouraged us! Go through lines 1-10 and write the name of the person who:

1. You still remember because they taught you important skills_____.
2. You admired most (outside of your family) when you were growing up_____.
3. Influenced you to go into (name your profession) as a career_____.
4. You would choose to climb a mountain with you_____.
5. You had the most fun with when you were a kid_____.
6. You respected most out of your school teachers_____.
7. You could talk to about anything when you were a teenager_____.
8. Allowed you to make mistakes without putting you down_____.
9. Made you feel worthwhile when they were around_____.
10. Most recently expressed their appreciation about something that you have done very well_____.

Now, think of the impact all these people have had on you and commit to encouraging at least one person per week for the next month!

Love to hear how this goes for you so please email me at kathleen@invest-in-yourself.ie