



Write down 50 things you have accomplished/achieved in life so far:

The purpose of this, is to bring to your awareness just how much you have already accomplished in YOUR life so far... This includes learning to walk, learning to crawl, brushing your teeth, etc. Now 50 of your own 😊

1		18		35	
2		19		36	
3		20		37	
4		21		38	
5		22		39	
6		23		40	
7		24		41	
8		25		42	
9		26		43	
10		27		44	
11		28		45	
12		29		46	
13		30		47	
14		31		48	
15		32		49	
16		33		50	
17		34			YOU ARE AMAZING

Honouring YOU... Write down 10 things you like/love about yourself:

1		6	
2		7	
3		8	
4		9	
5		10	

Video 3 Action – Share your 50 accomplishments and 10 things you like/love about yourself in the FB group.

**A little note from us to you...**

***WELL DONE YOU POWERHOUSE!!!***

***You are officially halfway through the course! Keep showing up, you are doing wonderfully!***

***Be you, be true,***

***Karen & Chrissy***

UNAPOLOGETIC WITH K & C

**SEQUIN**  
CONSULTING