



## **Proud Moments and what it means to you**

Last week you reflected on your proud moments.

How is this going to help you?

- If you're not feeling great about yourself, remembering your proudest moments will give you a boost and remind you of some real positives that you can be pleased with.
- Being conscious of the positive things about yourself helps you to bring those things to bear more often.
- Having a good idea of what you're proud of and do well can help you to stretch and develop yourself further. For example, if you realise, you're courageous, then challenge yourself to do things that you're afraid of doing but which you want to do.

### **Tip**

If you're feeling modest and find that you are underplaying your proud moments, imagine that you are your best friend.

It's easier for us to tell others how proud we are of them than it is to do that for ourselves