

Follow up exercises

01 Remarkable Wednesday

Get a group of friends/colleagues to share an achievement out loud every Wednesday

03 Practice & Act

Continuously review and edit your #IAmRemarkable statements to make them more authentic and more powerful. Practice saying them out loud.

02 Track your achievements weekly

Keep a log of your accomplishments so you have it ready when needed

04 Set a stretch goal

Identify people you would typically be hesitant to share your accomplish with and make plans to share your achievements with them.

[Check iamremarkable.org](https://iamremarkable.org) for more exercises