

Name: \_\_\_\_\_



# My Progress Tracker

## #IamRemarkable Week Challenge Journal

Complete #IamRemarkable Week Challenges: Strengthen confidence and amplify your self-promotion skills by participating in 8 powerful challenges. Track your progress with this journal and encourage others to join in by sharing your updates on social media.

### CHALLENGE 01



#### REFLECT ON & EMBRACE YOUR ACHIEVEMENTS

Start tracking your achievements - write down 5 personal and 5 professional achievements that you're proud of.

01	_____
02	_____
03	_____
04	_____
05	_____

PERSONAL

01	_____
02	_____
03	_____
04	_____
05	_____

PROFESSIONAL

### CHALLENGE 02



#### REPLACE NEGATIVE SELF-TALK WITH POSITIVE SELF-TALK

Describe yourself with 10 words and then take the opportunity to replace all the negatives with a positive you can aspire towards.

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Sometimes I think...

But I should think...

_____	→	_____
_____	→	_____
_____	→	_____
_____	→	_____
_____	→	_____
_____	→	_____
_____	→	_____

NEGATIVE

POSITIVE

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### CHALLENGE 03

#### CREATE AN ACTION PLAN FOR YOUR DREAM GOAL

Decide on a goal and make a 10 step plan to make it happen.  
Use the right column to set dates for each step.



#### \* MY GOAL IS

01	by
02	by
03	by
04	by
05	by
06	by
07	by
08	by
09	by
10	by

### CHALLENGE 04

#### MAKE EACH DAY COUNT

Breakdown your day into five steps - big or small or or take a look at  
your action plan to see what can be achieved today!  
Tick them off as you go and assess what went well the next day.



01	<input type="checkbox"/>	02	<input type="checkbox"/>
03	<input type="checkbox"/>	04	<input type="checkbox"/>
05	<input type="checkbox"/>	WHAT WENT WELL?	

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### CHALLENGE 05

#### ADVOCATE FOR OTHERS

Introduce a three step approach to acknowledge the achievements of others in a group setting.



01: ATTRIBUTE IDEAS CORRECTLY

02: ACKNOWLEDGE ACCOMPLISHMENTS

03: ASK PROBING QUESTIONS

What achievement that your peer has accomplished impressed you the most? Write it in below to practice advocating for others



.....

.....

.....

Remind them how remarkable they are - tag them on social and tell them why you are impressed!

### CHALLENGE 06

#### LOOK FOR ROLE MODELS TO MIMIC AND LEARN FROM

List 3 people that motivate you to improve your self-promotion ability - be specific and add exactly what selected role models are doing right to achieve their goals.



MY ROLE MODEL IS...

.....

.....

.....

→ They motivate me because...

.....

.....

MY ROLE MODEL IS...

.....

.....

.....

→ They motivate me because...

.....

.....

MY ROLE MODEL IS...

.....

.....

.....

→ They motivate me because...

.....

.....

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### CHALLENGE 07



#### GATHER FEEDBACK & LEARN FROM IT

Ask for honest feedback from others around you to identify 5 strengths and 5 areas of improvement that you can start to action.

01

02

03

04

05

01

02

03

04

05

STRENGTHS

IMPROVEMENTS

### CHALLENGE 08



#### MAKE SELF-REFLECTION A HABIT

Take 15 minutes to reflect on the things you've learnt during this challenge and write down at least one thing that has made you proud. Make a weekly habit of this to acknowledge more of your own accomplishments.

#### \* MY BIGGEST ACHIEVEMENT WAS...

During this challenge I...