

Follow up exercises

01 Remarkable Wednesday

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

02 Practice & perfect

Practice phrasing and expressing 2-3 professional accomplishments with friends/ colleagues/ your manager

03 Track your achievements

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

04 Act & review

Share your accomplishments in a real professional situation, review and improve

05 Set a stretch goal

Use your self-promotion skills to achieve a career goal you set for yourself