

My Progress Tracker

#IAM Remarkable

#IamRemarkable 2023 Challenge Tracker

Strengthen your 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

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03

.....

04

.....

05

.....

STRENGTHS

01

.....

02

.....

03

.....

04

.....

05

.....

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...

.....
.....
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.....
.....
.....