

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. Encourage others to join a week-long journey and track your progress with this bullet journal.

### DAY 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 \_\_\_\_\_

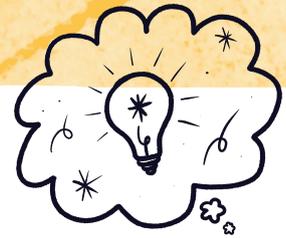
PROFESSIONAL

### DAY 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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### DAY 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

### DAY 04



#### 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	01
02	02
03	03
04	04
05	05

STRENGTHS

IMPROVEMENTS

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### DAY 05



#### MAKE EACH DAY COUNT

Breakdown your day into five steps - big or small or take a look at your answer for day 3 to see what can be achieved today! Tick them off as you go and assess what went well the next day.



01

.....

02

.....

03

.....

04

.....

05

.....

WHAT WENT WELL?  
.....  
.....

### DAY 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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### DAY 07



#### 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



### DAY 08



#### MAKE SELF-REFLECTION A HABIT

Take 15 minutes to reflect on the things you've learnt this week 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...

.....

.....

This week I...

.....

.....

.....

.....

.....

.....

.....

.....

.....

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