

Name: _____



Progress Tracker

#IamRemarkable Week Online Challenge

Power through these daily challenges and discover how speaking about your achievements can boost your confidence. Visit g.co/iar-week-2020 for the detailed description of the challenges!

DAY 01:

Start tracking your achievements

Collect keywords here, and then form your statements in the #IamRemarkable Statements section on page 4

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DAY 02:

Look for role models to mimic and learn from

List inspiring names here

1)

2)

3)

DAY 03:

Gather honest feedback from your peers and friends

List three inspiring pieces of feedback you have received

1)

2)

3)



DAY 04:

Share an accomplishment that you are most proud of on social media

Write down your accomplishment here

.....

.....

.....

#IamRemarkable Week Online Challenge (cont.)

DAY 05:

- Say “I” instead of “we” when talking about your achievements**

List three situations where you managed to do this

1)

2)

3)

DAY 06:

- Use your self-promotion skills to achieve a specific goal**

Set a specific goal that motivates you!



DAY 07:

- Start hosting remarkable Wednesdays**

Brainstorming sheet

My #IamRemarkable Week

Self-promotion is a skill, like any other, that you need to work on so that you can achieve your goals. To help you with this, we have prepared this bullet journal. Fill it in during the #IamRemarkable Week - or any other week - to set goals, track achievements and celebrate your achievements.

Weekly Calendar

	Accomplishment of the day: <i>Think about an achievement from today that you can be proud of. It can be big or small.</i>	Thank you notes: <i>Have you received any positive feedback or a simple thank you today? Write it down!</i>	Happiness tracker: <i>Visualize how you feel today.</i> 
Mon.			
Tue.			
Wed.			
Thu.			
Fri.			
Sat.			
Sun.			

Goals:

Set inspiring goals for the week!

1)

2)

3)

4)

5)

6)

7)

To do list:

What are the steps to achieving your goals?

1)

2)

3)

4)

5)

6)

7)



#IamRemarkable Statements

#IamRemarkable because...

Form as many statements as possible during the week!
Keep in mind it is not bragging if it based on facts.

Dotted lines for writing statements.

Notes:

Write down your thoughts or doodle!

#IamRemarkable because...

A vertical column of dotted lines for writing, separated from the left side by a solid vertical line.

Takeaways:

What have you learned over the week?