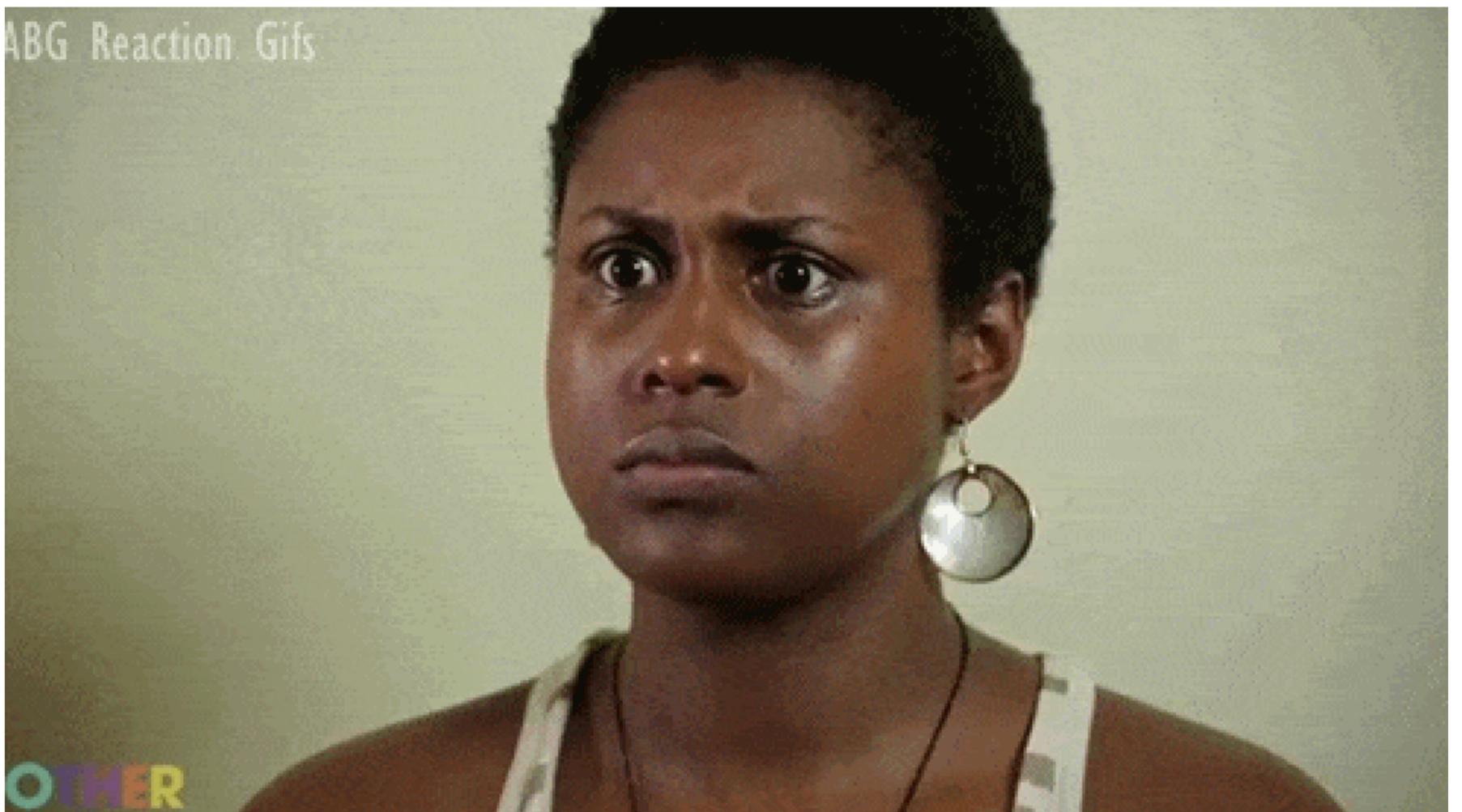


5 ways to always end strong



What will people think of my achievements over the last 365 days?

My friends got promoted, they took their dream vacation, my sister got married, my neighbour moved out into her own home.





Please don't do this to yourself.

Use the steps outlined in this guide to build up your self-esteem and be a #boss regardless of the time of the year.

1. Cultivate an attitude of gratitude

Be grateful for everything including the little things: breathing without aid, being able to eat and enjoy your meals.

Appreciate the people around you, nature and your job.

You can use the SLA gratitude list to stay on top of being grateful.



2. Stay calm and focused

Block out the noise and every distraction that might make you unloved or unworthy. Erase the tension raised by high achievers, especially when they flaunt their successes.

Use these free apps (available on both Android and iOS) to help yourself remain grounded



3. Outline your achievements

Outline all of your achievements. Remember it is ok for you to succeed at a couple of goals.

When rating your achievements, be generous. It could be a bad habit that you dropped, such as procrastination or lateness. It could be something big as starting your own business or winning an international contract.



- Offered a random act of kindness
- Improved on how I deal with criticism
- Got an award from work
- Makeup game just got stronger #facebeat

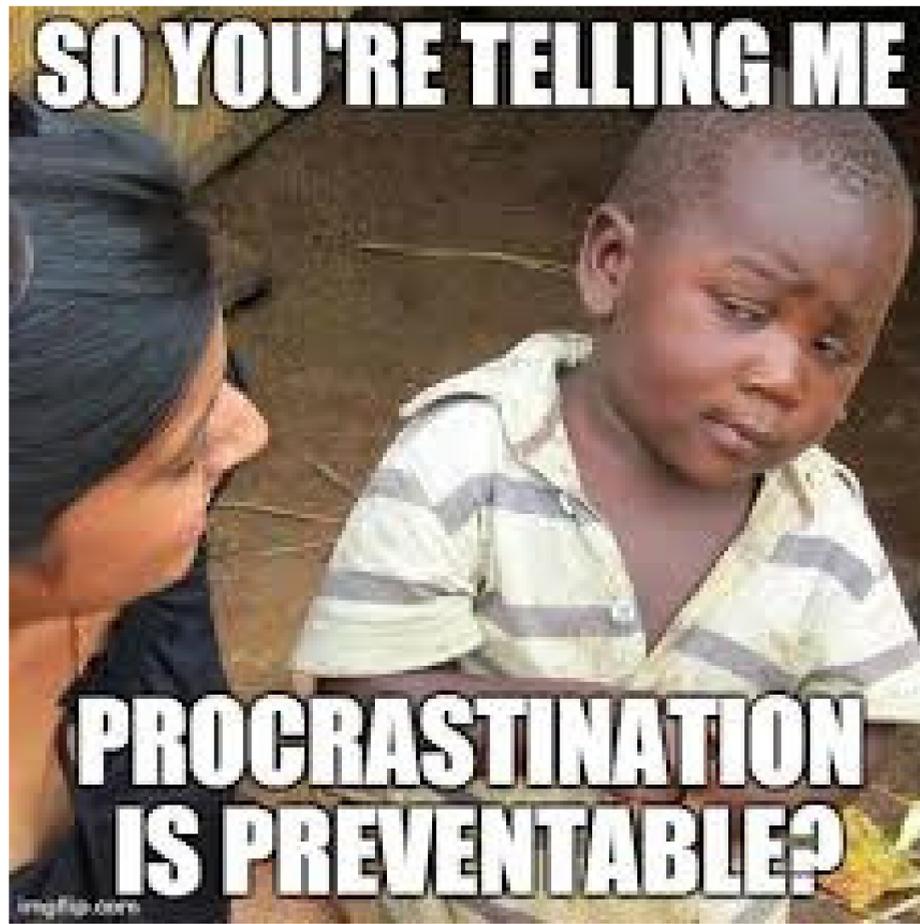
My 2016 Achievements



4. Cancel/ cross off items on your procrastination list

You have ambitions, hopes and plans . However, those plans that you kept pushing forward till they lose their significance are no longer needed in your life.

It's alright to cross off and move on. It makes absolutely no sense having an ambiguous list of things to accomplish.



On the next page you'll find a list to help you figure out what plans you want to keep (check the smiling icon) or throw away (check the sad icon)

My to-do list

My to-do list

5. Make promises to yourself

Draw up a wish list!



You are nearly ready to sign-off on this story and start off a brand new adventure. Every day presents new opportunities; you have been given a clean slate.

Make promises to yourself that are SMART (Specific, Measurable, Achievable, Realistic, Time-Based) goals. Draw up a list of desired things that you want to start happening to you.

Remember that you are in charge of your destiny not the fiscal calendar.

I promise to...



How will I measure this?

When will I make this wish come true



How will I measure this?

When will I make this wish come true

I promise to...



How will I measure this?

When will I make this wish come true



How will I measure this?

When will I make this wish come true

*Finally, stand up for what
you believe in. Stop being a
doormat*



*Be an eagle and soar high
Look for new opportunities,
chase big dreams and live your
best life!*

Quick recap



Block out every form of destruction, run your own race and stay focused.



Outline all your year's achievements and do away with that procrastination darling. It's a NO NO



Make promises to yourself and get your game on!



Visit SheLeadsAfrica.org for more free guides to help you reach your professional goals.

