

Guess what?

YOU ARE AWESOME.

I want you to recognize and know that. Whenever comparison starts to creep in, or when you start to get down on yourself, I want you to remember just how awesome you are.

There are so many things that just get overlooked. Things we've accomplished, how we've helped people, even our natural born traits.

Print this out and start writing. I want you to list 100 things that make you awesome and make you unique. These can be character traits, physical traits, unique skills, accomplishments, compliments or praise you've received, etc.

I want you to start and don't stop until you can't think of anything else. Don't make it to 100? No sweat. Just keep this list with you always and continue to add to it.

Someone gives you a compliment? Write it down.
You complete a course or run a race? Write it down.

Go ahead. Remind yourself just how awesome you really are!

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