

Good morning and happy Monday team!

I hope you all had a great weekend! So far, we have been leaning into self-compassion and self-respect, learning from failures, nurturing our mind, body, and soul. Now, it is time to harness all that goodness and power. This power will help you love yourself; it will also allow you to accomplish your dreams and lead a thriving life. Once you are confident in yourself, life opens up in ways that seemed impossible before. You will find yourself wanting to experience more and empower others, and you will be immensely capable of picking yourself up whenever you get knocked down.

1. Celebrate Your Accomplishments

- Think about your biggest accomplishments. What was it? How did you celebrate? Think about how you can keep this celebration going.

2. What Are Your Goals?

What I want to do	Why I want to do it

3. Powerful Words

- Choose three words that connect you to your inner power. Think of words that describe your journey or what you have discovered about yourself.

4. Reach Your Goals

- Break big goals into smaller chunks.
- Think of your larger goal as the top of the ladder and the smaller chunks as rungs on the ladder. You have to get to the first rung before you can climb to the second.

5. Visualize Your Life

- As you step more confidently into your new life, what would you like to do with it? Visualize what you would like to do, feeling more self-assured and ready to step into your inner power.
- Create a vision board
- Envision what you want your life to be moving forward.

“Your life is your story, and the adventure ahead of you is the journey to fulfill your own purpose and protentional.”

- Kerry Washington

Peace,
Maggie

Maggie Beshears, LPC

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Pronouns: she/her/hers

For an Emergency, Call 911 or the National Suicide Hotline: 1-800-273-8255

