## **Success Playlist**

| Event | Emotional | Thoughts | Impact / Benefit |
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Choose what you wish to develop more within yourself.

Replay and list all of those events throughout your life, no matter how small.

Notice the associated emotions and thoughts.

Reflect on the positive impact it had on your life.

Replay these successes as a reminder, to boost confidence, motivate and develop a positive mindset that drives you forward.