

Connect & Reflect

Reviewing your accomplishments regularly is a great way to not only recognize your professional growth, but also boost your confidence. Use these prompts celebrate your successes.



CELEBRATE SUCCESS: A CONFIDENCE-BUILDING ACTIVITY

REFLECT

Consider adding these reflections to your calendar, so you don't forget to stop and take stock. Or, start a notebook to track your achievements and note positive feedback.

Today:

One thing I did well today is...

This week:

A moment this week when I felt successful was...

This month:

I made progress this month when I...

This quarter/ semester:

One major accomplishment I'm proud of is...

CONNECT

You can use this activity with your class, too! Encourage students to reflect together—and to note their classmates' accomplishments. Celebrating successes together is a powerful way to build confidence and community.