## My achievements so far

Write here any achievements you have made in your life so far, things you are proud of. If you find this hard, step back and look at yourself as your kind friend would look at you. What would s/he say? For example:

- *Looked after my dog even when I was ill*
- *Qualified as a mechanic/supervisor/gardener/fireman/secretary/florist, etc.*
- *Raised money for research into cancer*
- *Completed a Duke of Edinburgh Award*
- *Raised two children*
- *Learned to cook nice meals*

Write your own list here: