
Measuring Progress



Do a quick thought download about your progress in your career.

Measuring Progress



What thoughts are in the gap?

How do you feel when you think those thoughts?

What are your actions and results from those feelings?

What thoughts are in the gain?

How do you feel when you think those thoughts?

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What are your actions and results from those feelings?

Are you holding yourself to your ideal expectations like the distant horizon?
Are you expecting yourself to be perfect?

How does this relate to imposter syndrome for you?

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Write down 3 accomplishments in your life that you are proud of. (These can be anything personal or professional.)

The fact that you accomplished those things means what about you? Write down at least 3 things that all start with I am...

The fact that you are those things means what about what you can do in the future?