



BAD-ASS LIST

By virtue of the fact that you've been on this planet for as long as you have it means that you have had great accomplishments, overcome challenges, and learned important and valuable lessons. But most of us don't think about our lives this way. We do what we have to do to get things done.

When you build your list of wins, challenges and accomplishments you will begin to see just how impressive and bad-ass you really are. I guarantee its an impressive life resume that has set you up for exactly where you want to go next.

Your **BAD-ASS** list is a compilation of all the things you have done in your life that give you a sense of pride. It can include things like achieving goals, overcoming challenges and problems, and learning through experiences. The list can be personal, professional, or academic accomplishments. It may include things that you have gotten external recognition for, or simply situations that you feel you did really well in life.

Read it aloud to yourself every once in a while, especially when you are feeling stuck or doubting yourself. Remember, you already have everything you need for exactly where you want to go.

PS: You're probably going to have to print a few extra sheets. ;)



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ACCOMPLISHMENT	SKILLS ACQUIRED/LESSONS LEARNED



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If you know you want more for your next chapter but you're struggling to figure out how to get there, let us help. Email jennifer@oldchicksknowshit.com and let's chat about your bad-ass list.

