A SIMPLE PRACTICE FOR HAVING YOUR OWN BACK

I’m So Impressed…

Open a note on your phone, a Google Doc, or a notebook. At the top, write **“I’m so impressed…”** Then keep adding to it whenever you notice something worth acknowledging.

Not just wins. Include uncomfortable lessons, decisions you held, things you handled differently, skills you developed, and moments when you recognized your own expanding capacity.

It might sound like:

> *“I’m so impressed I had the conversation I’d been avoiding.”*
>
> *“I’m so impressed I learned from that disappointing launch.”*
>
> *“I’m so impressed I changed my approach without questioning my destination.”*

That’s it. No schedule. No categories. No catching up. Add an entry when something comes to mind.

I keep mine in a Google Doc so I can reach it from my phone or computer. And when I open it to add something, I inevitably see other things I’ve written. It’s a simple way to keep an accurate, current view of the capacity and capability I’ve developed.

You’re not keeping this list to earn self-trust. You’re recognizing what’s true about you, so you can bring that fuller understanding into your next decision.