



You are amazing

When times are hard and life is upside down, it can be only too easy to forget how bloody amazing you are.

Yes, I said it. And I'll say it again: You are bloody amazing.

Something I often do with clients who are struggling to remember their own amazingness is encourage them to do a daily achievements list. And so in these strange and scary times, I invite you to do the same.

What counts as an achievement?

Don't worry though, when I talk about an achievement I don't mean that in the patriarchal or capitalist sense of the word.

There's no need to run five miles or have a long day of paid work (unless you want to do either of those things of course...) in order to write an achievements list.

Your achievements can be anything that you're proud of... Maybe right now it's about remembering to get dressed and you're your hair, getting through a day of home schooling without losing your temper, or feeding yourself nutritious and nurturing food throughout the day.

But they can also be tuning into yourself and realising that what you needed more than your morning chores was to stay in bed and sleep, remembering to pick up the phone and calling someone who was feeling lonely, or even reaching out for support yourself when you were feeling in need.

This isn't about creating a cast iron list of what does and doesn't class as an achievement. And it certainly isn't about ranking one thing higher or lower than another. Noooo!



This is about keeping track of every thing you're proud of; everything that helps you feel most like yourself and everything that reminds you of your amazingness, even on the days that the world would have you forget about it.

The how to

This one is pretty simple; my advice to you is, every night before you sleep, to make a note of at least five things that you're proud of yourself for in the day that's been.

At first that might be hard – in which case you're totally allowed to ask someone else in your house what they think you should be proud of – but I promise that over time it will become easier.

How do I know that?

Because you're bloody amazing!

A little extra tip...

If you're struggling to remember your amazingness from one day to the next, then here's an extra suggestion for you: Write those words down and put them somewhere that you'll see every day.

Maybe write it on a post it note and stick it by your bed, next to the kettle or inside your underwear drawer.

Or maybe grab a Sharpie and write them on your mirror.

Maybe even set an alarm in your phone with that as the title, so that at some point during the day you'll receive a very loud and hard to ignore reminder of your amazingness.

