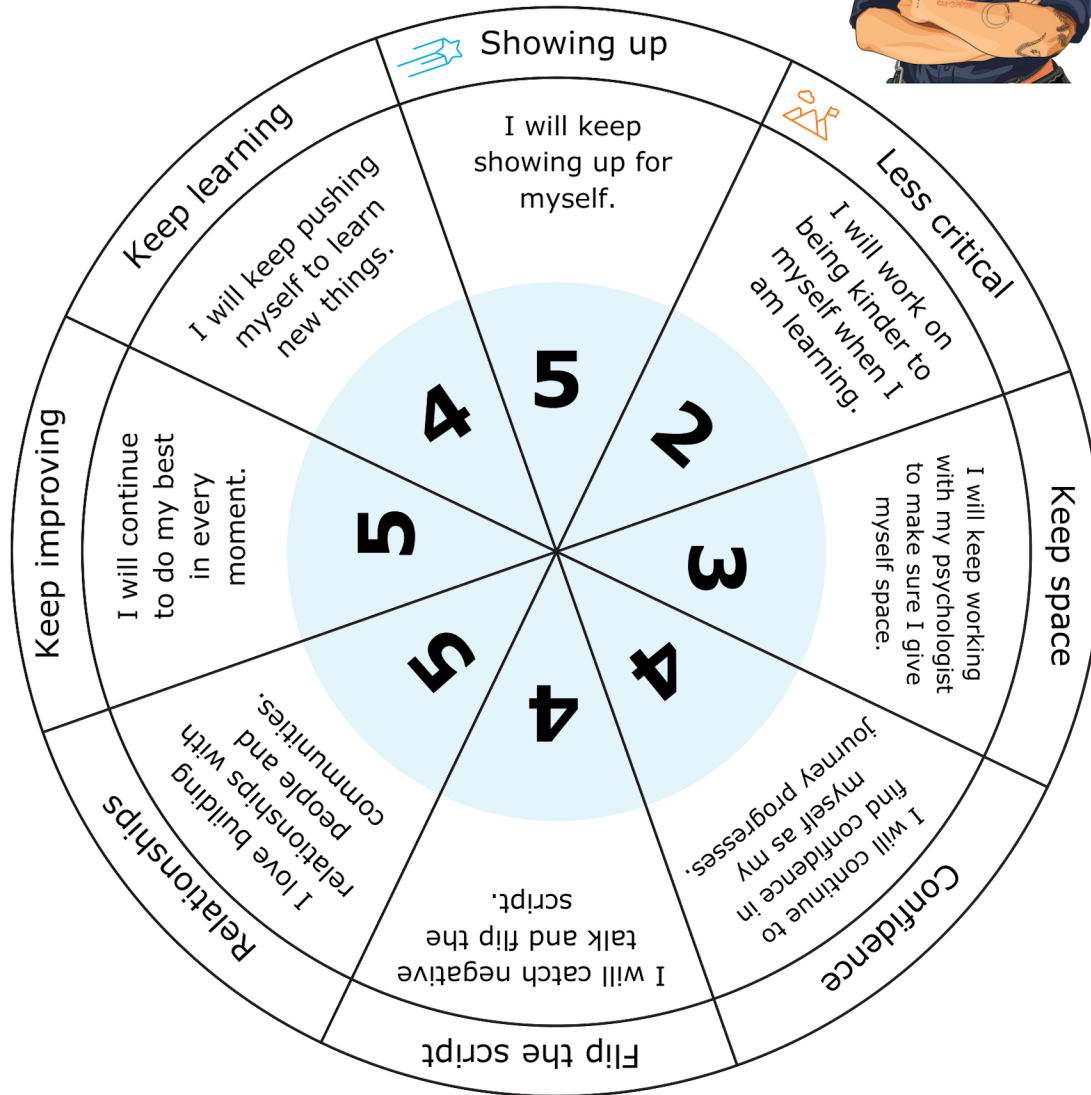


My strengths



My biggest strengths are:

My ability to show up, it doesn't matter who you are. Everyone has ups and downs in my life. There is so much power in showing up and giving each day the opportunity to be something. The days we show up for ourselves when it's difficult are the days that make us. This can look like many things. For me, it can be taking time out to spend time at the beach, talking to a friend or playing with my dog.

I would like to get stronger in:

Being less critical on myself for the learning process, I can find it difficult when I am learning or trying something new and am not perfect at it straight away. This is something I am working on.

Actions I can take to reach my goal:

1. Catching myself when I have negative internal talk and flipping the script on it
2. Not overloading my plate with too many things, allowing myself to take on/learn one thing at a time.

Someone who can help me reach my goal is:

I am currently working on this goal with my psychologist. It's been very empowering for me to give myself grace in the fact that we can never know it all, we are always learning and we are not expected to know everything. Do your best in each moment. When you know better, do better.

I can help other people strengthen their:

Belief in themselves. When we speak openly about our journey and create space we allow others to become empowered on their own path! Half the battle is finding the confidence to truly believe in yourself. Once you have that everything else is a whole lot easier. I love building relationships with people and communities that leave them feeling empowered and like they can conquer the world!

Bardie Sommerville

9 Oct, 2023

Name

Date