

Emotional Responsibility Workbook

Expectations, Responsibility, Maturity

ASHLEIGH WELCH COACHING



Celebrating Yourself

What did you used to think about celebrating yourself? Is it something you did? If so, how? If it isn't something you're used to doing, why is that?

What did you want to think about celebrating yourself?

How are you going to celebrate your list of accomplishments?

What can you do moving forward to remind you of what you have achieved?
