

Follow up exercises

01 Track your achievements weekly

Keep a log of your accomplishments so you have it ready when needed.

03 Practice & Act

Continuously review and edit your #IAMRemarkable statements to make them more authentic and more powerful. Practice saying them out loud.

02 Remarkable Wednesday

Get a group of friends/colleagues to share an achievement out loud every Wednesday.

04 Set a stretch goal

Identify people you would typically be hesitant to share your accomplishments with and make plans to share your achievements with them.

[Check iamremarkable.org](https://iamremarkable.org) for more exercises

Thank you to those who attended the #IAMRemarkable workshop.

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