* **Flatter Yourself**
* **Be Real With Yourself**

Flatter Yourself / Be Real with Yourself – Exercise
Take 5 minutes and write all the things that you are great at on the left side of the page. Don’t hold back. Really flatter yourself with all your strengths. Then, take another 5 minutes and write down all the things that you struggle with or don’t like doing. Be honest with yourself.

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