



## Build Your Brag File

Achieving your goals is great, but you'll never gain confidence from them if you simply move onto the next thing and don't pause to celebrate your wins. Psychologically speaking, celebrating your accomplishments isn't frivolous; when you do so your body releases endorphins that reinforce a feeling of competence. Don't wait for someone to acknowledge you and quit restricting celebrations to epic wins only.

Keeping a log of your wins at work helps you look back with a healthy sense of pride. Your brag file can help you better understand your skills, what type of work you most enjoy doing, and even comes in handy for performance reviews or job searching.

DATE	MY BIGGEST WIN	LESSONS LEARNED



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