

An Accomplishment Inventory For When You Feel Lousy

Use this worksheet, over the course of one week, to track your feel-good wins and prove your worthless feelings wrong. When you're done, you'll have a handy cheat-sheet for refuting negative thoughts about yourself.

According to a Harvard Business School study described by [Lifehacker](#): "Any accomplishment, no matter how small, activates the reward circuitry of our brains. When this pathway is opened some key chemicals are released that give us a feeling of achievement and pride. In particular, the neurotransmitter dopamine is released which energizes us and gives us a feel-good aura. This chemical enables us not only to get that sweet feeling of reward but also motivates us to take action and repeat what we did to trigger its release in the first place."

Each day, before you go to bed, take 5 minutes (or less!) to think about what you accomplished. These can be to-do list items, or they can be demonstrations of love, care, or responsibility. Record the accomplishments that make you feel best about yourself.

	Accomplishment 1	Accomplishment 2	Accomplishment 3
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

Potential accomplishments:

woke up on time, fed myself healthy food, did the dishes, checked in with a friend, gave a compliment, accomplished a work task, showered, drank enough water, scheduled something, took out the trash, brushed teeth, engaged in self care, did someone a favor, had a great idea