



## CELEBRATE SUCCESS FROM THE **IN** SIDE OUT.

Give your internal coach a chance to celebrate you and your success by thinking about a time when things turned out for the best. Maybe you achieved a goal, made a good decision that really paid off, spoke up for something you believed in, came to the aid of a friend, or something else. Ask your internal coach to describe how you used your assets to succeed.

How did I use my intelligence and imagination?

How did I show care and concern for others?

How did my body help me?

How was I true to my values?

Another great thing – your internal coach is not just a “fair-weather friend” who is there for you only when things are going well. Even when things are not going so well, your internal coach can give you encouragement and help you solve your problems. For example, problems occur when you make a mistake, develop a bad habit, hurt someone’s feelings, or forget to do your homework. Coaching yourself helps you solve problems. Criticizing yourself just makes your problems worse and makes you feel worse about them!

You can’t avoid problems. Problems are a part of everyone’s lives. Some are big; some are small. Some problems last a long time and some you can solve quickly. No matter what their size, shape, or duration, ABT can help you coach yourself to a solution.

