

STICK UP FOR YOURSELF!

HOW TO KEEP AN I-DID-IT LIST

Whenever something happens that makes you feel proud:

1. **STOP** everything and notice what's making you proud.
2. **FEEL** the proud feeling.
3. **STORE** it inside you.
4. **WRITE** it down as soon as you can.

Try to do this five times every day. Weekdays and weekends. School days and holidays. Be proud of yourself five times every day.

