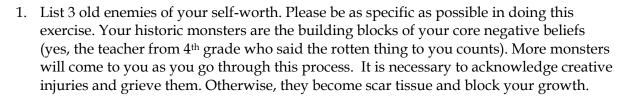


## REINVENTION SOLUTIONS

## **Additional Homework**



2. List 3 old champions of your self-worth. This is your hall of champions, those who wish you and your creativity well. Be specific. Every encouraging word counts. Even if you disbelieve a compliment, record it. It may well be true.

3. If you are stuck for compliments, go back through your time travel log and look for positive memories. When, where, and why did you feel good about yourself? Who gave you affirmation?