

A STRATEGIC SELF-CELEBRATION PRACTICE

I'm So Impressed...

A strategic practice for building the self-trust
that keeps you moving forward.

Wins

Every achievement,
big or small

Lessons

Every setback turned
into insight

Growth

Every identity shift
and evolution

*"Being impressed with yourself isn't arrogant.
It's efficacious."*

— Dawn Ledet, The Self Trust Coach

What Is the *I'm So Impressed List*?

The I'm So Impressed List is your personal record of evidence — proof of who you are becoming and how far you've already come. It is not a gratitude journal. It is not a confidence hack. It is a strategic self-trust practice built on one simple truth: momentum follows recognition.

Every time you add to this list, you are training yourself to see the evidence of your own capability — so you can operate from your most evolved, most informed self, instead of defaulting back to an outdated version of who you used to be.

WHY THIS WORKS

Three Reasons This *Changes Everything*

- 1 Builds Self-Trust**

Every time you recognize your own wins, you're giving yourself direct evidence of your ability to show up and grow. Self-trust is built on evidence — and this list is your personal evidence file.
- 2 Creates Intrinsic Motivation**

When you stay in contact with how impressive you already are, you stop waiting for external validation to move forward. The motivation becomes self-generated, self-sustaining, and immune to outside noise.
- 3 Closes the Momentum Loop**

Having your own back — the third step of the Momentum Loop (Decide, Do, Have Your Own Back) — requires celebration. This list is that celebration made tangible. Each entry closes the loop and keeps momentum compounding forward.

"You don't just do impressive things. You see them. You claim them. You let them carry you further."

— Dawn Ledet

Five Steps to *Build the Habit*

1

Create Your List

Open a document on your phone, laptop, or a notebook you carry with you. Make it easy and accessible — phone notes, a journal, a digital doc. The key: keep it where you can add to it the moment something happens.

2

Add to It Regularly

Every time you accomplish something, overcome a challenge, show up for yourself, or take a step forward — add it. Don't wait for the big moments. Everything counts. The small wins are where self-trust is actually built.

3

Recognize What Counts

Not sure what to add? These all belong on your list: kept your cool in a hard moment, learned from a mistake instead of collapsing, said no to the wrong thing, stayed with a goal when it got hard, showed up when you didn't feel like it.

4

Use the Prompts

When you're stuck, use these: What's one moment today where I handled something better than I expected? What did I learn from a challenge or setback? When did I show up for myself in a way I'm proud of?

5

Make It Visible

Keep the list where you'll see it — on your phone, your desk, pinned to your wall. The more you interact with it, the more naturally it becomes part of how you see yourself. Visibility creates momentum.

EXAMPLES & PROMPTS

What to Add to *Your List*

Here are examples to get you thinking — each one is a real entry that belongs on your list.

I'm so impressed I kept my cool in that conversation.

I'm so impressed I learned from that mistake.

I'm so impressed I didn't let their words shake my belief.

I'm so impressed I said no to that extra commitment.

I'm so impressed I stuck to my goal even when it was hard.

I'm so impressed I showed up anyway when I didn't feel like it.

I'm so impressed I asked for what I needed.

I'm so impressed I tried something new and did it scared.

REFLECTION PROMPTS

When You're Not Sure *What to Add*

- What's one moment today where I handled something better than I expected?
- What did I learn from a challenge or setback?
- When did I show up for myself in a way I'm proud of?
- What new skill or insight did I gain today?
- Where did I act despite doubt, fear, or discomfort?

INVITATION

Save this list where it's easy to add to — your phone, laptop, or a notebook.

Carry it with you. Make it a habit to add to it throughout your day.

Each entry is proof of your growing resilience, strength, and self-trust.