

Fraud Off!

Print out this worksheet. Give yourself a (X) each time you show up. On the first day you make it to all 10, grab your phone and film a quick selfie video telling us the best and worst part of showing up for yourself. Send it to us at hey@thepracticegirlz.com and we'll post your video to give you the credit you deserve—and help inspire others who are struggling. #DoThisThing

M T W TH F S S

I accepted a compliment.

I attributed a success to my strengths.

I was okay with messing up, cause I'm human.

I took the praise and liked it.

I was okay with not knowing everything.

I asked a question.

I accepted a new challenge.

I didn't take the constructive criticism personally.

I expressed my opinion.

I showed my friend how to do it.

