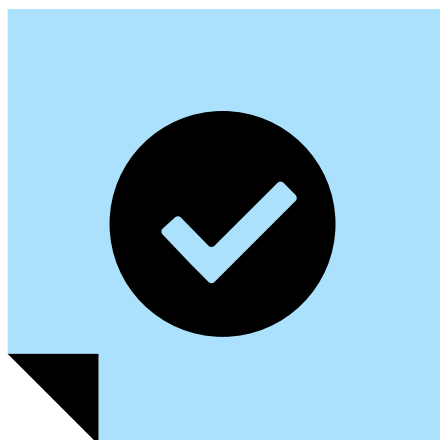




Victory Stacking 101



***The key to creating confidence
at any moment.***

 info@ronankennedy.ie

 fb.com/kennedyronan

 [@kennedyronan](https://twitter.com/kennedyronan)

Instructions

This exercise is fantastic and should be used by everyone. So often we are only aware of what's going wrong or what we're afraid of and not enough time is spent celebrating and remembering victories. That's what this exercise is about. When you're finished, take a photo on your phone to look at whenever you need to remember the victories.

Take as long as you need to answer these questions. Avoid distractions, get a nice chair, a hot drink, and enjoy the process!

Feel free to let me know how you get on.

Ronan

 info@ronankennedy.ie

 fb.com/kennedyronan

 [@kennedyronan](https://twitter.com/kennedyronan)

Victory Stacking!

These are all of your victories, large or small.

What victories have you experienced? Large or small.

Why did the victories go well? (e.g. preparation, skill, relentless hard-work, strategies etc)

How did the victories (large or small) make you feel?

What did you decide to do after having these victories?

Continuous large or small...

Victories keep self-doubt at bay

Victory Stacking!

These are all of your victories, large or small.

What encouragement or confidence have others given you? (quotes from family, friends, mentors)

Did you overcome any previous limits or barriers that had been holding you back?

If you've had success with those victories, what does it mean for the future?

When you achieve your goal, how will you be able to help others in the future?

Continuous large or small...

Victories keep self-doubt at bay

Coaching Sessions

1. Discover Your Passion - Do Work That You Love

Don't know what to do with your life or what career path to choose? Do you have a lot of options but still cannot decide? Do you have friends and family giving you conflicting advice? Do you know what your strengths are but still don't know how to use them well? Would you like to finally start on your career path and not waste another year?

[CLICK HERE TO GET FREE RESOURCES TO DISCOVER YOUR PASSION.](#)

Contact me for individual or group coaching sessions at info@ronankennedy.ie

2. Career Change

You already have a career but you don't feel passionate about it anymore. More importantly, you want to feel excited when you go to work everyday and you want enjoy what you do. After all, you'll be doing it for 35 hours per week, 48 weeks a year until you retire. The good news is that there is a solution. You need to discover which path to take, create a vision of where you'd like to go, make a strategic plan and then get the tools for taking action.

Contact me for individual or group coaching sessions at info@ronankennedy.ie

3. Complete Goal-Setting

Sometimes it's difficult to know where to go or what to do. Sometimes we know what we have to do and how to do it, but somehow we can't do it. Or very often there can be obstacles that prevent us from achieving our goals. These can be external or internal, real or not real. So whether you want improve your career, deal with a personal problem, improve your health, lose weight, improve your relationship or just enjoy your daily life more, there are effective tools and strategies that can be used to do this. The first step is have a crystal clear goal and make a plan for achieving it.

Contact me for individual or group coaching sessions at info@ronankennedy.ie