

As part of our mental wellbeing, it's important to value a broad variety of achievements. Celebrating these successes and how they make us feel builds positivity and confidence.

Think back on some of your favourite and more challenging moments so far this year. Were there things that you felt good/confident about and others that you struggled with? Did you learn something new? It's not always about being the best, it's about the steps we take to improve.

Write some of the achievements you are most proud of in the trophy.

