

# The Comeback Queen's Guide to Combat “Less Than” Thinking



## Combat “Less Than” Thinking: Create your Victory Log

When we are trying to figure out what to do next or how to get out of the bed in the morning, our self-confidence shrinks, and we feel “less than.” Feeling “less than” sends us messages that we can’t do anything right and that our lives will never be normal again. What’s the best way to combat this “less than” thinking?

Chase away “less than” thinking by reinforcing your strength and self-worth. Here’s how:

Create a Victory Log by making a list of your accomplishments, no matter how small. Start from your earliest memories. You can add to your list at any time. Put your list in a sheet protector and carry it with you.

Chase away “less than” thinking by reinforcing your strength and self-worth.

My list includes:

- getting an “A” in an accelerated, summer-school math class in first grade
- being the math wizard in my fifth-grade class
- chairing youth group conclave
- serving as president of the school board
- becoming a certified internal auditor
- being selected for a special project team at work
- becoming a Distinguished Toastmaster
- completing my Master’s Degree in 2014

When you are feeling low, look at your list of accomplishments, and let yourself feel the pride and pleasure of your achievements. Reviewing this list will enable you to say to yourself “You got this, you can do it!” and “You go, girl!” with confidence. Just like the Little Engine that Could, you can change the message in your head from “I think I can” to “I know I can.”

Need help and support to make your comeback?

Contact me at [marsha@comebackqueen.life](mailto:marsha@comebackqueen.life) to schedule a complimentary 30-minute consultation. To learn even more, visit [comebackqueen.life](http://comebackqueen.life) and pick up a copy of my book, *Surviving and Thriving Despite the Drama*.

— Marsha

