

**ARE  
YOU  
ENDING  
YOUR  
WEEK  
FEELING  
ACHIEVED  
OR  
RELIEVED?**

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**SWIPE** 





**Achieved = successfully brought about or reached a desired objective or result by effort, skill, or courage**

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**Relieved = no longer feeling  
distressed or anxious.**

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**SWIPE** 

If you answered  
**ACHIEVED** then  
cheers to you -  
that's fantastic!

What are you doing to  
celebrate your wins?

Have you written them down  
to refer to them at a later  
date?

Have you stopped to reflect  
on celebrating with the team  
mates and colleagues that  
were part of the success?

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**If you answered  
RELIEVED, then ask  
yourself:**

For how long has this been the  
feeling you get at the end of a  
week?

Is it a one off or is it the norm?

Are you so used to this feeling  
that you don't even question it?

Or was this week a one off  
toughy?

Imagine what you would feel like  
to end the week feeling  
"Achieved" rather than relieved?

**It's possible if you want it enough**

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# Need some help getting started to move from RELIEVED to ACHIEVED?



Get your free copy of

"6 signs you're in the wrong job and what you can do about it"

by clicking the link in the comments below this post

Or head over to

[www.poweryourpotential.co.uk/freeresources](http://www.poweryourpotential.co.uk/freeresources)

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**You don't have to see the  
whole staircase, just take  
the first step."**

**Martin Luther King, Jr.**

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