

ACHIEVEMENT TRACKING GUIDE

IFECHUKWU ADIGWE

Dear Leading Woman,

Thank you for downloading the Achievement Tracking Guide. I'm excited that you've made the decision to prioritize your personal harmony over feelings of inadequacy and burnout. This is an important step toward transforming your life!



INTRODUCTION

Have you ever wondered why you often struggle to acknowledge your own accomplishments? Do you sometimes feel like you're not quite "good enough"?

If this resonates with you, you're not alone. Many leading women struggle with imposter syndrome, often because they don't have a system in place to track or measure their achievements.

Let's take a quick mental exercise: pause for a moment and reflect on your career journey so far. How often do you actually celebrate your wins before moving on to the next task? You might notice that you're quick to cheer others on, but when it comes to your own achievements, it's easy to overlook them. At times, you might even wonder if everything you've accomplished was simply by chance.

Here's the truth: Not documenting and revisiting your wins can lead you to forget them. And when you forget your accomplishments, it's easy to start believing that you haven't done enough or that you're not good enough.

This is exactly why this Achievement Tracker has been specially designed for you. It's a tool to remind you of the ways you've been showing up and succeeding. Think of it as a mirror that reflects your growth, resilience, and accomplishments.

As you track your wins using the Achievement Tracker, shut down the voice in your head that says, "You're not good enough." Replace that negativity by reminding yourself of everything you've already achieved.

NOW, LET'S DIVE INTO THE ACHIEVEMENT TRACKING EXERCISE

1. List 3-5 things you've done that you're proud of (big or small):

2. What's your most recent win?

3. What role did you play in making that happen?

4. What strengths or qualities helped you succeed?

5. How did you feel to reach that goal?

BELOW IS THE ACHIEVEMENT TRACKER

Place your responses in the exercise above in the table.

DATE:

GOAL/PROJECT:

YOUR ROLE:

STRENGTH/QUALITIES THAT HELPED YOU REACH THE GOAL

YOUR WIN/ACCOMPLISHMENTS

HOW YOU FELT

Thank you for taking the time to go through this guide. I hope you found it valuable. Never forget that you have everything it takes to live a purpose-driven life.

Keep soaring. I'm rooting for you!

Warm Regards,
Ifechukwu Adigwe
Lead Coach, Bloom Habour Solutions Ltd

BLOOM HARBOUR
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Need More Clarity?

☑ Book a FREE 20-minute Clarity Session

We'll discuss where you are, what's been holding you back, and how your next bold move could look like.

[https://forms.gle/s9argtkJMjXkDk199]



ABOUT THE AUTHOR

Ifechukwu Adigwe is a passionate coach dedicated to inspiring transformative change in her clients. With over a decade of experience in the telecommunications industry, she brings a unique blend of leadership, communication, and interpersonal expertise to her coaching practice.

Ifechukwu is a certified Performance Consultant, a Master Practitioner in Neuro-Linguistic Programming (NLP), a Master Family Systems Engineering Practitioner, and an Emotional Intelligence Coach. She doesn't just have technical expertise—she possesses a deep understanding of human behavior.

As a Work Integration Specialist, Ifechukwu helps individuals balance their career ambitions with personal life, while also supporting organizations in fostering cultures of work-life harmony that boost productivity and employee well-being.

As the CEO of Bloom Harbour Solutions Limited, Ifechukwu leads a dynamic company with a mission to empower clients to reach their fullest potential. Based in Lagos, Nigeria, Ifechukwu lives with her husband and children, actively contributing to her community through coaching and advocating for healthy career dynamics. She is deeply invested in helping mid-career women break free from imposter syndrome, rediscover their identity, and create purpose-driven roadmaps to their next level of success.

Connect with Ifechukwu Adigwe to embark on a transformative journey of personal and relational empowerment.