



VeteranCaregiver.com Video Resources

Recommended Resources: Own Your Wins

Resources

<http://www.emotionallyresilientliving.com/why-you-should-always-acknowledge-achievements>

<http://dailycaring.com/reduce-caregiver-stress-celebrating-accomplishments/>

<http://empoweringcaregivers.hoop.la/topic/what-do-you-consider-your-greatest-accomplishment-as-a-caregiver-so-far>

<http://www.thrivingabroad.com/how-well-do-you-recognise-your-achievements/>

<http://www.inc.com/minda-zetlin/why-you-must-celebrate-small-successes.html>

<http://www.franksonnenbergonline.com/blog/the-power-of-a-positive-attitude/>

<http://greatday.com/nmot/features/transform-worry-into-achievement.html>

<https://www.psychologytoday.com/blog/brain-sense/201405/does-success-breed-success>

<http://phenomena.nationalgeographic.com/2014/04/28/on-privilege-and-luck-or-why-success-breeds-success/>

<http://www.forbes.com/sites/yec/2013/12/03/confidence-breeds-success-and-it-can-be-taught/#18e8ed01cb59>

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