# Your Evidence File

Lesson: Rebuilding Confidence With Evidence

> *Curt's Key Insight: "Confidence is not something you find. It is something you prove, to yourself, first."*

**Using the RATS framework, write three specific accomplishments from your career.**

| ACCOMPLISHMENT | RESULT | ACTION | TOOLS / SKILLS | SITUATION |
|---|---|---|---|---|
| 1 | | | | |
| 2 | | | | |
| 3 | | | | |