

JOURNAL EXERCISES

Two Self Esteem Exercises

Often we forget that our primary relationship in life is with ourselves. We are our only permanent companion, yet often our worst critic. To remind ourselves of our intrinsic and unlimited goodness and magnificence, we can practice the "5 things I appreciate about me" exercise.

Begin by writing down at least 5 things you appreciate or value about yourself. If coming up with 5 things is a challenge for you, then you can rest assured this exercise can be enormously beneficial for you. If you still have trouble coming up with your list, you can generate feelings of appreciation by reflecting on your loved ones and friends. The traits you admire in others are probably qualities you possess as well. You can also simply generate these positive feelings by thinking of a loved one and then direct them to yourself.

Continue this practice for a week or two, thinking of five new things you appreciate or admire about yourself every day. At the end of this time period, you will have developed a new habit of noticing yourself positively. Now, stand in front of a mirror and read the list aloud, allowing yourself to receive this loving expression. You might feel awkward or self conscious doing this part of the exercise, but it may make you smile and open a new way of seeing yourself. Remember, when we feel the most resistant to this exercise, we stand to gain the most. We spend the majority of our time looking outward to the world, to others, to our roles, or achievements to validate our worth. Spending time noticing our intrinsic self-worth, and hearing our own voices expressing our beauty we are given the opportunity to become our own best friend and supporter. We can re-awaken our ability to rest in our home ground secure in the knowing that we are magnificent and precious.

Write down all your positives on a sheet a paper (and ignore all the chatter in your head that judges what you write down).

Make a list of the amazing things you have accomplished

Make a list of the "monsters" (the adversity and challenges) you have conquered.

Create a list of the magical things you have created in your life... the people you have helped... the ways you have made a difference.

Become your own cheerleader. Speak of your accomplishments and talk yourself "up" instead of tearing yourself down.

Investigate your positives, search out your talents, reach for your dreams, trust your heart, believe your brain, and make decisions that make your soul sing.