

A MONTH OF SELF-APPRECIATIONS

These appreciations are best done out loud. They can also be written. Create a self-appreciation book where you write down your appreciations. Re-read them frequently.

Day One:

Look into the mirror and say **“I appreciate you.”**

Day Two:

“One unique quality I have that I appreciate is _____.”
(e.g., warmth, the quality of my laugh, my commitment to learning, etc.)

Day Three:

“I appreciate my skill in _____.”
(e.g., handling difficult situations with ease, singing, organizing, cooking, etc.)

Day Four:

“I appreciate my body and especially my _____.”
(e.g., eyes, calves, smile, belly, breasts, butt, etc.)

Day Five:

“A quality of play I appreciate in myself is my _____.”
(e.g., infectious sense of humor, wit, creative use of words, ability to not take myself seriously, etc.)

Day Six:

“One aspect of my voice I really appreciate is my _____.”
(e.g., tone, resonance, melody, warmth, etc.)

Day Seven:

“Something about the way I see the world that I appreciate is _____.”
(e.g., drawing out the hidden potential in people, seeing every moment as a new adventure, leading with gratitude, etc.)

Day Eight:

“I appreciate the value I place on _____.”
(e.g., listening to others, completions, beauty, fun, etc.)

Day Nine:

“I appreciate how much I have grown in _____.”
(e.g., demonstrating integrity, expressing how I feel, appreciating myself, enjoying life to its fullest, etc.)

Day Ten:

“In my interactions with others, I really appreciate the way I _____.”
(e.g., make clear requests, listen with curiosity, play with serious issues, etc.)

Day Eleven:

Today appreciate something about your essence verbally to another person.

“One thing I appreciate about myself is my _____.”
(e.g., sensitivity, expressiveness, sense of humor, etc.)

Day Twelve:

Spend a few minutes today appreciating yourself non-verbally, taking a leisurely bath, massaging your feet.

Day Thirteen:

“I appreciate that I take responsibility for _____.”
(e.g., doing what I said I would do, consciously changing agreements that aren’t working for me, etc.)

Day Fourteen:

“Around agreements, I appreciate how I _____.”
(e.g., do what I said I would do, consciously change agreements that aren’t working for me, use agreements to build integrity, etc.)

Day Fifteen:

“One thing that I do that I appreciate, that I’ve sometimes taken for granted, is _____.”
(e.g., how I take care of myself, how I support the expression of my and others’ genius qualities, how I invite creative solutions, that I see the best in people, etc.)

Day Sixteen:

“One thing I appreciate about how I communicate is _____.”
(e.g., my directness, my sensitivity to time, that I communicate feelings, that I communicate until I am understood, etc.)

Day Seventeen:

“I appreciate that I listen _____.”
(e.g., for creative solutions, whole-heartedly, in a way that generates wonder, etc.)

Day Eighteen:

“One thing I appreciate about my mind is _____.”
(e.g., my memory, how I pay attention to details, my ability to see the big picture, etc.)

Day Nineteen:

“I appreciate the way I create beauty in my life by _____.”

(e.g., my garden, decorating my home in beautiful ways, posting inspirational quotes and thoughts, recycling, etc.)

Day Twenty:

Today, focus on something that you have had a hard time appreciating.

“I am creating space to appreciate my _____.”

(e.g., thighs, belief that I’m not good enough, self-criticism, etc.)

Day Twenty-One:

“I appreciate that my creativity has generated _____.”

(e.g., the world’s best split pea soup, an interesting wardrobe, etc.)

Day Twenty-Two:

“I appreciate that I take responsibility for my own well-being by _____.”

(e.g., eating well, exercising, balancing home and work lives, taking space when I need it, etc.)

Day Twenty-Three

“I appreciate the way I stay in integrity by _____.”

(e.g., speaking authentically, making and keeping agreements, taking 100% responsibility, resonant listening, focusing attention on feelings until they are no longer an issue, etc.)

Day Twenty-Four:

“I appreciate how I solve problems by _____.”

(e.g., inviting and including others’ ideas, being open to learning, engaging my genius, playing, etc.)

Day Twenty-Five:

“I appreciate my taking initiative by _____.”

(e.g., offering creative solutions, stepping into leadership roles when needed, agreeing to chair the committee, etc.)

Day Twenty-Six:

“One thing I really appreciate about my sexuality is _____.”

(e.g., how readily I get aroused, how sensitive I am to touch, the way I feel when I touch myself, how clear I am about my boundaries, etc.)

Day Twenty-Seven: **“One of my spiritual qualities I appreciate is _____.”**

(e.g., my ability to be still inside, my lovingkindness, my curiosity about life, my ability to see the divine in everyone, etc.)

Day Twenty-Eight: **“One new thing I am noticing to appreciate about myself is _____.”**

(e.g. my ability to appreciate myself, a new sense of peacefulness, my willingness to commit to this process, etc.)

Day Twenty-Nine: **“I appreciate all my feelings, my anger, my sadness, my fear, my sexual feelings and my joy.”**

Day Thirty: **“I appreciate my unique genius qualities of _____.”**

(e.g., outrageous fun, simplifying complex ideas, making life easy, etc.)

Day Thirty-One: Ask a friend to tell you what they appreciate about you.