

RECOGNIZING YOUR WORTHINESS

List Your Strengths:

Without too much thought, or judgement, make a list of all the things you are good at or that make you unique.

Ask 3 people close to you what they would consider your top 3 strengths to be.

Make a record of what they say here.

Write Yourself a Love Letter

Be your own Best Friend. Too often, we are FAR too hard on ourselves. The commentary that permanently runs through our heads is often critical. Rather than what we are doing well, most of us have a tendency to focus on where we think we are falling short.

This exercise is designed to help you put a stop in that routine, and give yourself a pat on the back. It's about acknowledging what is worth celebrating, and treating yourself like you would a close friend.

Grab a piece of paper, and write yourself a little letter. It can be easier if you write it in the third-person, actually addressing yourself by name. Express all the things you love about yourself, as if you were writing this letter to a close friend. This may include the things you appreciate and love about your body, your personality or nature, or how you've been growing. Don't judge or censor yourself. Nobody else need ever see this. Just write.