



### **3 Ways to Increase Your Self-Appreciation**

A Daughter of Day knows that self-appreciation is foundational in moving into a position of influence. It is important that you first appreciate who you are before you can fully operate in purpose. I am not speaking about arrogance, that is on the other end of the spectrum. This is not about boasting in your abilities, which I know are many. It is about appreciating the person that you are on a day to day basis. When you appreciate yourself, your inner most being, you do not focus on external appreciation. This allows you to hold your own power and not measure yourself by the response of others.

When is the last time you thanked YOU for being YOU?

I recently found out that there is a National Self Appreciation Day that is celebrated at different times. Maybe, just maybe, they could not settle on one date because it should actually be celebrated more often than not.

#### **A Daughter of Day, makes Self Appreciation Day every day!**

- 1. Reflection**-Take some to reflect on your love for yourself. Why is it a blessing to be you? Reflect on the qualities and characteristics you possess that make you happy to be you. The best place to start in this reflection is with your heart. What is in your heart? Do you have concerns for world issues, other people, compassion? Are you a giver, loving, polite? This reflection is not so much about what you do but what you carry inside of you. Maybe this week you noticed that you always remember to say “thank you” to people who provide your service because you want to make sure others feel appreciated. During this reflection, you may notice negative things pop up that you are not pleased with about yourself. Do not focus on those characteristics at this time. Write them down to focus on them at a later date. **DoD Tip:** Remember, when you are trying to produce good fruit in your life, the awareness of the negative soil in your life will increase. It is a part of the process that yields growth. During this reflection, only focus on the positive. This will make it easier to focus on the soil that needs to be turned over in your life at another designated time.
- 2. Positive Phrases**-Take some time each day to say a positive phrase about yourself. These phrases should always start with *I am* and be stated in positive way. You could say *You Are* if you are looking into a mirror. “I am kind” “I am smart” “I am creative” are some examples. You could repeat the same positive phrase every day, if you choose. “I am capable of completing anything I put my mind to!” Focus on the phrases that cause appreciation and motivation to rise up within you. **DoD Tip:** At first, you may hear a voice that says, “No you’re not” but this voice only confirms that all belief must be tested. Your job is to pass the test by continuing to state who you are even in the face of opposition. Because you have caused your own negative voice to come into agreement with your positive voice, you will not be phased by the negative external voices. Stay with it until the voices agree!
- 3. Vivid Visualization**-Sit in a quiet space and close your eyes. Visualize yourself in your proudest moment, your happiest moment with yourself and your identity. As you recreate this experience, allow yourself to feel the feelings that you had and the gratitude you felt for yourself in that moment. Take in the sounds,

