

A MONTH OF SELF-APPRECIATION

Appreciate: To be sensitively aware of something/someone/yourself

When appreciation is present the energy and value of the moment increases, and everyone benefits. This is true even as you appreciate yourself. Appreciating yourself is a beautiful way to acknowledge your unique qualities and value.

These appreciations are best spoken aloud. You may even want to begin an appreciation club/circle where valuing yourself and each other is encouraged.

Day 1:

Make easy touch contact with yourself and say aloud, "I appreciate me"

Day 2:

One unique quality I see and appreciate about me is _____
(kindness, easy-going nature, fiery passion, my willingness to listen...)

Day 3:

I appreciate my skill in _____
(playing the piano, making soup, organizing my finances, decorating...)

Day 4:

I see and appreciate my body, especially my _____
(jiggly parts, butt, strong legs, round belly, blue eyes...)

Day 5:

I appreciate how I easily communicate about _____
(my feelings, stuff that bugs me, driving directions...)

Day 6:

I appreciate how much I enjoy _____
(writing, exercising, really great smells, combining colors...)

Day 7:

In my home, I appreciate how I _____
(welcome others, clean up after myself, bring in fresh flowers...)

Day 8:

I appreciate how I love to discover _____
(new recipes, out of the way neighborhoods, unusual words...)

Day 9:

I appreciate how easily I can wonder about _____

(what I want to eat, how to connect with another, a new invention...)

Day 10:

The quality of play that I appreciate about me is _____

(my capacity to see humor, how I use my body in unusual ways, my quick wit...)

Day 11:

One aspect of my whole body that I appreciate is my _____

(flexibility, capacity to feel subtle energies, energy level, sensitive senses...)

Day 12:

One way that I love to learn that I appreciate about myself is _____

(through touch, while having fun, with my whole body, by asking questions...)

Day 13:

I appreciate how I follow my impulses to _____

(go to the bathroom, connect with others, know what I want to eat...)

Day 14:

I appreciate that I experience freedom in my _____

(communication with others, shoulder joints, relationship with money...)

Day 15:

One aspect of my voice that I appreciate about me is _____

(resonance, my capacity to harmonize, my clarity, my talent at impersonations...)

Day 16:

I appreciate that I see the world as _____

(full of possibilities, colorful and majestic, friendly, offering new opportunities...)

Day 17:

I appreciate how I receive feedback in that I _____

(listen with curiosity, open my body posture, pause to try it on...)

Day 18:

I appreciate my relationship with curiosity and how I _____

(ask great questions, feel it in my body, feel like a kid, get vivid new ideas...)

Day 19:

I appreciate how much I have learned, especially in the area of _____

(loving my body, how to listen, physiology, how to arrange flowers...)

Day 20:

I appreciate how much I value _____
(a clean house, my friendships, traveling, trying new foods...)

Day 21:

One thing about my essence that I really appreciate is _____
(my sense of humor, how I dress, that I see possibility, that I believe in magic...)

Day 22:

I appreciate that I take responsibility for _____
(taking out the trash, watering my flowers, being on time, healthy finances...)

Day 23:

I appreciate that I know how to have a good time with _____
(getting in integrity, solving problems, exploring new places, road trips...)

Day 24:

In my quality of listening, I appreciate that I _____
(breathe deeply, open my body posture, listen with my whole body, am generous...)

Day 25:

Something that I appreciate about my intellect is _____
(that I'm really smart, remember important things, always bubbling...)

Day 26:

I appreciate that in my body, I _____
(feel my feelings clearly, notice when I'm hungry, notice when its time to rest...)

Day 27:

One thing I appreciate about my relationship with my feelings is _____
(I can identify my feelings, I'm learning to befriend them, I take responsibility for how I express them...)

Day 28:

Around agreements, I appreciate how I _____
(keep my agreements with ease, see agreements as allies, know how to change them...)

Day 29:

One thing I appreciate about my learning style is my _____
(willingness, how I learn in color, how I see everything as an opportunity...)

Day 30:

One thing that I rarely appreciate about myself is _____
(my active mind, when I get bossy, my sense of order, how funny I am...)

Day 31:

One new thing that I've discovered and appreciate about me is _____
(that I like to say 'no', how I use simple words to communicate, that I love to invent new discovery activities...)

EXTRA CREDIT:

One thing I appreciate about my creativity is _____

I appreciate how I care for myself by _____

One thing I am willing to appreciate about me that I wasn't before is _____

I celebrate the way that I create beauty by _____

In my relationship with integrity, I appreciate how I _____

I appreciate how I am learning to _____

One thing that I appreciate about my sexual feelings is _____

I appreciate how I source my _____

I appreciate how my body supports me in _____

I appreciate how I take initiative for/by _____

I appreciate that it's easy for me to see _____

One quirky quality that I appreciate about myself is _____

I appreciate that I speak with _____

I appreciate that I regularly inspire _____

I appreciate that I reliably generate _____

A unique quality of movement that my body has is _____

One creative contribution that I have generated is _____

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