

Get Real and Get to Know Yourself

Find a quiet spot with few distractions and get comfy with your favorite pen or pencil and a notebook. Honestly answer the following questions, in writing.

1. How do you perceive yourself?
2. Now, cross out any negative perceptions you wrote down. How many positive ones are you left with? If you don't have at least 3-5 left, think some more. Go out of your way to find things you like about yourself.
3. What are you good at?
4. For each one of those positive attributes/perceptions that you wrote down, come up with a positive affirmation that you can repeat to yourself, or write down to help you remember. Examples may include: I am kind, I am quick witted, I am a good friend, I am a good listener, I'm a great crafter, etc. You get the idea.
5. Now put these in a place where you will see them everyday. Say them to yourself regularly. They are true. And if you aren't sure they are, you soon will.