

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #34: TAKE A BREAK TO SELF APPRECIATE



“Today you are you! That is truer than true! There is no one alive who is you-er than you! Shout loud, ‘I am lucky to be what I am!...” Dr. Seuss

It’s very easy to become so busy that you fail to stop and celebrate yourself but, as Dr. Seuss said, there’s no one you-er than you! Taking a minute or five to stop and appreciate yourself can have several benefits. First, it’s always good to celebrate the little successes in life whether that’s completing a goal you had or simply getting out of bed today! Second, acknowledging how great you are can increase your positive outlook on life, especially now. We are surrounded by so much negativity as this pandemic continues that our little victories may seem minor, but they’re not. Lastly, taking a moment to think positively about yourself is a great way to self motivate.

So take a minute, or five to reflect on your importance in the world and how you impact others and the environment around you.

Practice Gratitude Today:



1. FIND SOMEWHERE QUIET AND GRAB A PENCIL AND PAPER.
2. TAKE A MINUTE OR FIVE TO THINK ABOUT YOURSELF. YOU CAN FOCUS ON THE GOALS YOU HAVE ACHIEVED, THE PEOPLE YOU HAVE TOUCHED, THE PROGRESS YOU HAVE MADE, THE THINGS THAT MAKE YOU THE PERSON THAT YOU ARE, ETC.
3. AFTER REFLECTING, WRITE 3 THINGS YOU APPRECIATE ABOUT YOURSELF (FEEL FREE TO WRITE MORE IF YOU CAN).
4. PLACE THE LIST SOMEWHERE VISIBLE IN YOUR ROOM OR HOUSE SO YOU CAN SEE IT DAILY.
5. REPEAT THIS EVERYDAY OR AS LONG AS YOU WANT TO. IT’S A GREAT POSITIVITY ACTIVITY!

Parent Practice Tip:

This is a great activity to do with your children or others in your household. This is also a great time to share the things you appreciate about your children and others.

To Learn More:

[The Reflection of Me](#)
[An Experiment in Gratitude](#)

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