

# Choose Love to Thrive

Daily Action Steps For Conquering Adversity

## CHOOSING LOVE TODAY #14: APPRECIATE YOURSELF



As Mufasa, from The Lion King, once said, “Remember who you are.” At times many of us are so wrapped up in our mistakes and flaws that we forget to appreciate ourselves. We should never forget how truly amazing we are.

“I am strong! I am creative! I am caring!” Self affirmation is not a waste of time. It is important to appreciate the things you love about yourself. Although it may seem bizarre, reminding yourself about the amazing qualities you possess is highly beneficial for your mental health. Positive affirmations can help you cope with stress, improve your mood, and serve as motivation. You are more than your flaws, so take the time to reflect on your other qualities.

### Practice Gratitude Today:



1. GRAB THREE STICKY NOTES AND A PENCIL/PEN.
2. THINK ABOUT THREE THINGS YOU LOVE ABOUT YOURSELF.
3. WRITE EACH APPRECIATION DOWN ON ITS OWN STICKY NOTE.
4. PLACE THE STICKY NOTES ON YOUR WALL, MIRROR, OR ANY OTHER VISIBLE SURFACE.
5. READ EACH STICKY NOTE OUT LOUD THREE TIMES.

### Parent Practice Tip:

**You’ve come a long way. Take at least 5 minutes a day to appreciate some of your past accomplishments.**

### To Learn More:

#### WHAT IS GRATITUDE?

#### Positive Affirmation for Kids

#### Henry & Leslie (Self-Love)

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