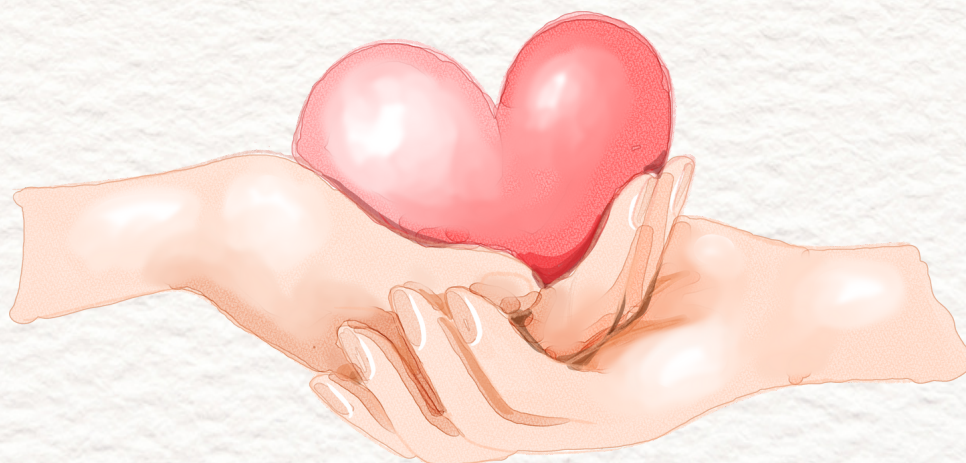


5

Powerful Exercises on Self Appreciation

By Neha Lahori



We often go into the wrongness of ourselves. At times we are too hard on ourselves. We judge ourselves more than we get judged by others. Many face difficulty in receiving compliments. They get too conscious when praised and immediately shift the focus to others.



Habit of expressing gratitude comes with regular practice. We need to develop a muscle for it. Let's begin our journey by taking a 21 day 'Gratitude' challenge.

- Read the exercises below,
- Maintain a journal
- Daily pen down the experiences.
- Relive the experience and feel it
- Stay in that vibration at least for 10 mins



Exercise 1

Appreciate your body:

Stand in front of the mirror. Look at your body (top to bottom). Keep looking at it for at least for 5 mins. Dismiss all the judgements about excess fat, scars, dark circles, grey hair. Just focus on your body. List down ten things you appreciate about your body



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- The image displays a vertical list of numbers from 1 to 10. Each number is positioned to the left of a horizontal line. At the left end of each horizontal line, there is a small, hollow circle. The numbers and lines are arranged in a clean, vertical column.

Exercise 2

Appreciate your achievements :

List down all your achievements. Right from the smallest of achievement to monumental victories. All the accolades, trophies you won so far. Go down the memory lane. The medals you won in school (sports, art competition, debates, cultural festivals). Recollect all the moments when you bagged the awards in college for being the best dancer, best performer, the felicitation by your seniors. Now think of your career graph, the victories in your career, the projects you lead, the deals you closed, the profits you made which contributed to your organisation. Remember all the achievements. Appreciate yourself for all the hard work, relentless efforts, persistence, zeal for excellence. You have been the source of power. Create an exhaustive list of all your achievements



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- The image shows a vertical list of numbers from 1 to 10. Each number is positioned to the left of a small, empty circle. A horizontal line extends from the right side of each circle across the page. The numbers and circles are rendered in a dark brown or olive green color. The lines are also in the same color. The overall appearance is that of a checklist or a set of ten blank lines for writing.

Exercise 3

Appreciate your inner strength:

The strength that helped you wither storms. All the challenges, difficulties you faced. Appreciate your resilience. The power within that kept you going in the face of uncertainties, when things were falling apart. Appreciate your strength when you faced every difficulty head on and overcame it. Remember those episodes, your struggles and your journey of victory. Pen down at least 10 of your strengths.



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Exercise 4

Appreciate your hidden talents:

Talents that come naturally to you. You may think its no big deal but for others its skill they lack. For instance: You have an excellent taste with gifting. You carefully choose gifts for others whereas others struggle with it. You could be pro at de-cluttering house whereas for others its a real task. You are an expert in building rapport whereas other feel can barely even have small talk. Think of all talents/gifts you are bestowed with, which you have been taking for granted. Today, choose to appreciate yourself for all the your hidden talents.



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- A vertical list of numbers from 1 to 10. Each number is followed by a small, empty circle, and a horizontal line extends to the right from the circle. The numbers and lines are arranged in a column, with the numbers on the left and the lines extending to the right. The numbers are in a serif font, and the lines are a solid brown color.

Exercise 5

Appreciate your personality:

Today appreciate your personality, your traits, attributes, your nature your values. It could be your helpful nature, your discipline, your way of being organised, your zeal to stand up against injustice, your courage, your proactive approach, strong drive to innovate. Appreciate all of it.

Your personality is shaped by your experiences, your learning, your wisdom. You are the sculptor of your personality. You can continue to work on yourself, become the better version of yourself. Right now, take a moment and appreciate your existing personality. List down at least 10 things you appreciate about your personality.



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- The image shows a vertical list of numbers from 1 to 10 on the left side. To the right of each number is a horizontal line that starts with a small open circle. The lines are evenly spaced and extend across the width of the page.