

Wellness Wednesday

APPRECIATING STRENGTHS

Dr. Andrea C. Walker

Student
Wellness

Appreciating your strengths means YOU absolutely MUST approve of yourself. It doesn't matter what others think, it matters what YOU think about you.

So let's begin by taking time to appreciate yourself. This is the foundation of self-esteem.

Get out a piece of paper. Write down TEN things you appreciate about yourself.

This doesn't need to be overcomplicated.

You MUST come up with at least ten things you like about yourself. No shortcuts!

If you can keep going, come up with more than 10.

After you're done, take the sheet of paper and tape it somewhere you'll see it a LOT. You want this to be in front of you on a regular basis.

Reminders

You are valuable and should love yourself. Don't let anyone tell you otherwise!

