

CELEBRATE YOUR SELF

Having a vocabulary of words on hand to celebrate yourself and your achievements is a great way to counteract negative thoughts and create a mindset where you can achieve the life you want.

01

Take a look at the list of words opposite. Every morning ask yourself the question, 'What am I celebrating?' Choose three self-acknowledgements that are true for you (don't worry if you feel embarrassed or don't fully believe them for now. Write them down or circle them. Say your self-acknowledgement words to yourself in a mirror, e.g. 'I am brave'.

02

At the end of each day think about one thing that has happened, be it good or challenging. Ask yourself, 'Who was I being in that situation?', 'What quality within me enabled that to happen?' Take one quality from the list, or come up with one yourself and write down or repeat the phrase, 'In doing that, I was being [your chosen word], therefore I am [your chosen word].

TIME TO WRITE

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|-----------------|------------------|---------------|---------------|
| → Levelheaded | → Committed | → Outrageous | → Jovial |
| → Dependable | → Peaceful | → Welcoming | → Keen |
| → Grounded | → Intelligent | → Detailed | → Unaffected |
| → Approachable | → Compassionate | → Trustworthy | → Victorious |
| → Powerful | → Outgoing | → Dedicated | → Learned |
| → Active | → Caring | → Likeable | → Thoughtful |
| → Ambitious | → Outspoken | → Joyous | → Original |
| → Well-meaning | → Kind | → Energetic | → Optimistic |
| → Determined | → Credible | → Strategic | → Thankful |
| → Able | → Steady | → Engaging | → Playful |
| → Tender | → Clear | → Quirky | → Poised |
| → Articulate | → Noble | → Grateful | → Individual |
| → Careful | → Methodical | → Vigilant | → Present |
| → Helpful | → Outgoing | → Fun | → Harmonious |
| → Accessible | → Certain | → Serious | → Exciting |
| → Spontaneous | → Lovable | → Fast | → Independent |
| → Authentic | → Capable | → Frank | → Whimsical |
| → Beautiful | → Shy | → Flexible | → Responsible |
| → Discerning | → Courageous | → Natural | → Intuitive |
| → Brave | → Daring | → Fierce | → Soulful |
| → Unpretentious | → Reliable | → Respectful | → Friendly |
| → Bold | → Lucid | → Strong | → Truthful |
| → Resilient | → Distinctive | → Polite | → Mischievous |
| → Believable | → Humble | → Gregarious | → Unique |
| → Spiritual | → Young at heart | → Generous | → Virtuous |
| → Innocent | → Dynamic | → Trusting | → Lively |
| → Brilliant | → Wise | → Laid back | → Graceful |
| → Charming | → Diligent | → Happy | → Warm |
| → Tenacious | → Humorous | → Honest | → Wry |
| → Clever | → Magnanimous | → Private | → Motivated |
| → Mindful | → Practical | → Visionary | → Youthful |
| → Open | → Sound | → Witty | → Knowing |
| → Confident | → Decisive | → Inspiring | → Zesty |
| → Sincere | → Quick-witted | → Qualified | → Patient |
| → Creative | → Vibrant | → Insightful | → Joyful |