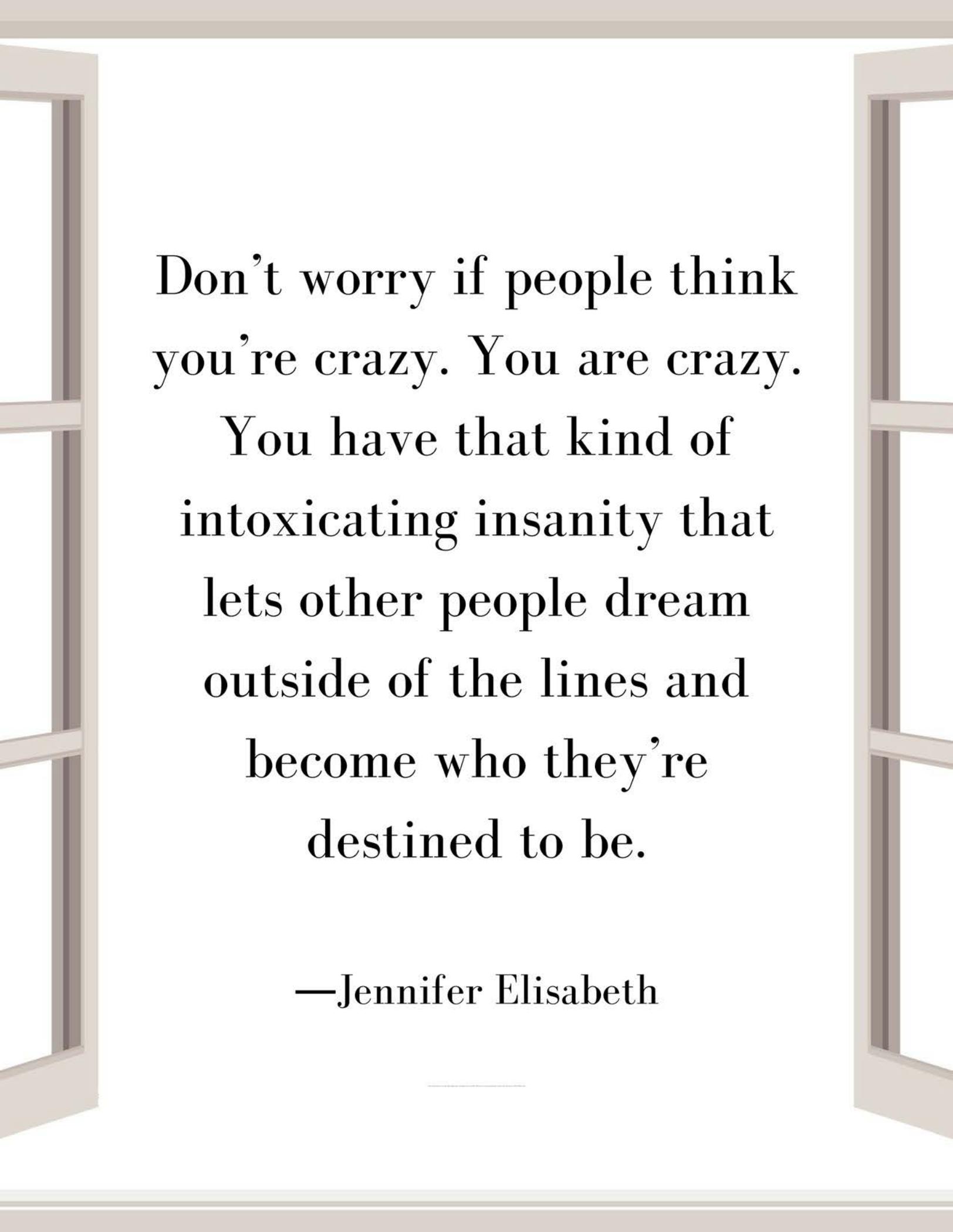




The Modern Creative
Woman Publishing Co.



The Modern Creative Woman
**Appreciating
Yourself**



Don't worry if people think
you're crazy. You are crazy.

You have that kind of
intoxicating insanity that
lets other people dream
outside of the lines and
become who they're
destined to be.

—Jennifer Elisabeth

Presence



- Make full contact with the present moment.
- See yourself as the 'context' for all your life experiences.
- Get out of your mind and get into your life.

Mindset

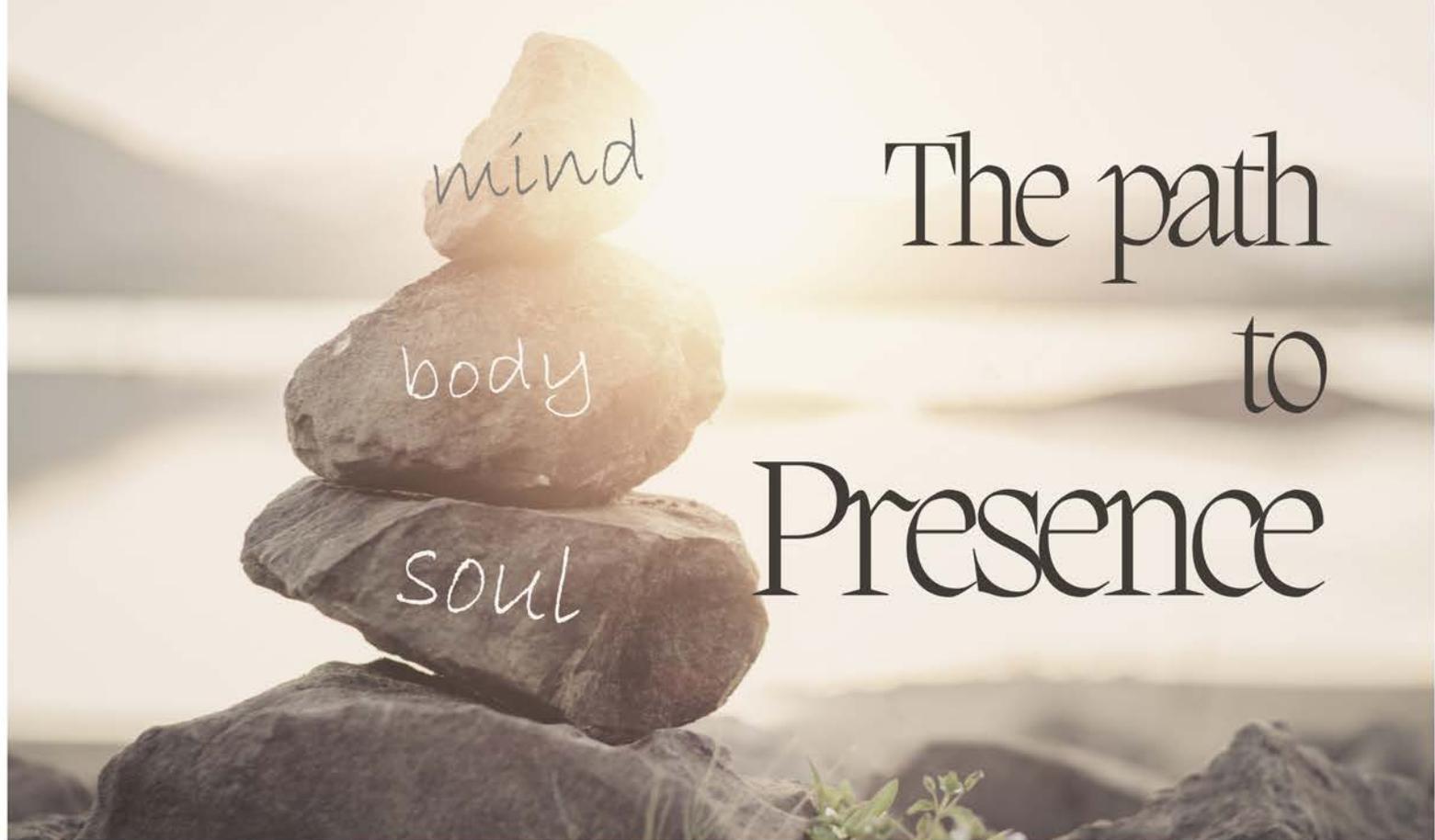


- Acceptance of your thoughts, feelings, and circumstances as they are, rather than what you think they should be.
- Forging a new working relationship with your thoughts.
- Practicing conscious & creative thinking.

Purpose



- Your personal values about what is most important to you.
- Daily movement towards your values
- Committed actions in alignment with your values and Modern Creative Why.



The path to Presence

Presence - your ability to make contact with the present moment, separate from your thoughts and feelings about it. This means observing what is happening outside of you as well as observing your thoughts and feelings in the present moment.

Self as Context - Seeing yourself as the context for your life means you are the anchor. Whatever happens inside of you (thoughts, feelings, bodily sensations) as well as whatever happens outside of you (people, places, circumstances) is separate from your experience as a human being. You might think of your "context" as your spirit, your core self, your essence. In other words, you as the context is the view of yourself as the person experiencing your life. For example: you are the journal on which your story is written. Rather than being the story itself, you are able to truthfully see yourself as the journal on which the story is written. Another example: You are the canvas on which you create the painting of your life. Instead of being the paint, you accurately see yourself as the canvas.

Remember, your presence includes getting out of your mind and getting into your life, making contact with the present moment and seeing yourself as the context for your life experiences. Your internal presence can be whatever you decide it to be in each moment of your life.

INTENTION

How good are you at appreciating yourself? How good would you like to be? Are you ready and willing to give yourself more love? I promise it will make you even better at giving to others! Self appreciation does not take away from anyone else...it makes you more able to give and love.

Describe your intention for this workshop...what are you hoping to learn?

THE MODERN CREATIVE
WOMAN
GRATITUDE
APPRECIATION

DATE
S M T W T F S

WHAT I'M GRATEFUL FOR TODAY AND THE VALUE EACH BRINGS TO MY LIFE

1

2

3

THINGS I APPRECIATE & ADMIRE TODAY







SOMETHING INSPIRING ME TODAY

PERSON I WILL TELL TODAY HOW GRATEFUL I AM TO HAVE THEM IN MY LIFE. (TEXT, EMAIL, CARD, CALL, ETC)

Daily Affirmation

GRATITUDE ART

Get Out of Your Mind

And into Your Life!

Stop thinking and go do something! We tend to fill our mind with lots of thinking about **if** we are good enough or **if** we should take action. Today, you are going to be biased towards action!

If you had to choose some actions that would move you along and advance your self appreciation...what would those actions be? Write down what you would do...and now go do it!

Your Story in Print

Describe yourself as if you were being interviewed for your favorite magazine and the reporter ADORES you. Imagine a kind and interested reporter follows you around for a day asking you about yourself and observing what you do. Now write a snippet of the article from the reporter's perspective. Remember, they think you are fascinating, interesting, engaging, attractive, and fun!

REFLECTION

Reflect on your week of self appreciation. What came up for you? Are you comfortable with appreciating yourself or are you so accustomed to criticizing yourself that you feel uncomfortable appreciating yourself? Do you feel proud, happy, interested curious, uncertain, embarrassed, uneasy, ashamed, or something else? Be sure to end your reflection with some uplifting sentences about what is possible for you in the coming weeks.

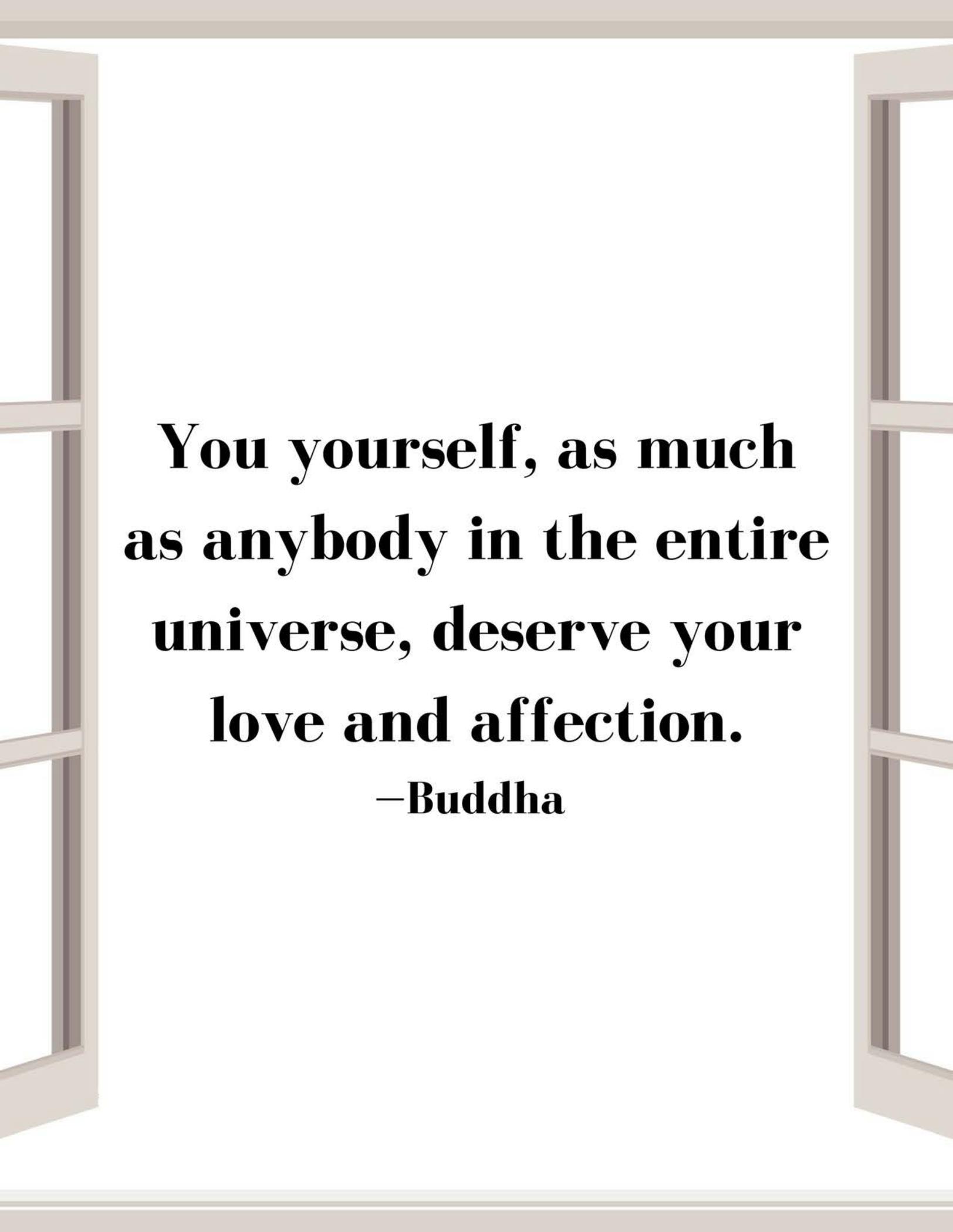


The Path to Mindset

Acceptance -Acceptance is your ability to see things for what they are. You understand your thoughts as "just thoughts" instead of perceiving your thoughts as "true" or facts. Acceptance is a core concept in changing your self-talk and beliefs about yourself. If you have a negative thought about yourself, it is only a thought. You might be able to find piles of evidence to support your thought, yet a thought is just a thought. It is your brain firing - that is all. Acceptance also helps us be at ease in relationships by not taking things personally. Acceptance means we avoid distorting comments into something negative or personal. This one change in your life can completely transform your relationship with yourself and others.

Relationship to Your Thoughts - Changing your relationship to thoughts frees you from negative self-talk and low self-esteem. Then you can transform your behaviors for health, recovery, and happiness. Your thoughts stem from your brain - not from your essence, spirit or core self. Thoughts are merely a product of your brain. Make your thoughts work for you instead of being swayed by negative thoughts. Start by observing: say "That is just a thought" each time you notice a thought.

Remember, your mindset includes acceptance of what you are currently thinking and feeling as well as the circumstances you are facing. Acceptance is necessary before attempting to make any changes. Mindset also includes forging a new working relationship with your thoughts and practicing conscious & creative thinking.



**You yourself, as much
as anybody in the entire
universe, deserve your
love and affection.**

—Buddha

Gratitude Begins with You!

**Gratitude and appreciation of life begins with self-gratitude.
Here are seven reasons you need to appreciate yourself.**

1. **Self-Awareness:** *Before appreciating others and external circumstances, it's crucial to be aware of oneself and acknowledge one's own worth and value. Self-gratitude helps you recognize your positive qualities and self-worth.*
2. **Self-Care:** *Practicing self-gratitude is an act of self-care. It encourages you to be kind to yourself and prioritize your well-being, mental health, and self-esteem.*
3. **Foundation for Empathy:** *Recognizing and appreciating your blessings and strengths can lead to a greater capacity for empathy and understanding of others. It's easier to relate to and appreciate the experiences of others when you have cultivated self-gratitude.*
4. **Positive Mindset:** *Self-gratitude can contribute to a positive mindset and a healthier self-image. When you focus on your strengths and accomplishments, you are more likely to maintain a positive outlook on life.*
5. **Resilience:** *Self-gratitude can enhance resilience. When facing challenges, you are more likely to view setbacks as temporary and maintain a sense of optimism when you have cultivated your sense of self-gratitude.*
6. **Balanced Perspective:** *Self-gratitude doesn't mean being self-centered or egotistical. It simply means acknowledging your own worth while also appreciating the contributions of others and external factors to your well-being.*
7. **Lead by Example:** *When you practice self-gratitude, you set a positive example for others. This can encourage a culture of gratitude in families, organizations, and communities.*

Mindset of Gratitude

What are you grateful for that others do? What qualities do you appreciate in others?

What are you grateful for in you? What qualities do you admire? If you are stuck, look at your list of qualities you admire in others...if you are like most people, you likely admire them because you already have those qualities in you.

Gratitude Inventory

Answer these questions and then complete the self gratitude daily checklist on the next page. You can print multiple copies and use it daily to really keep you mindset on gratitude.

What are you grateful for that others do? What qualities do you appreciate in others?

What are you grateful for in you? What qualities do you admire? If you are stuck, look at your list of qualities you admire in others...you most likely admire them because you already have those qualities in you.

Self GRATITUDE

DATE _____

DAILY CHECKLIST

- MAKE YOUR BED
- TAKE YOUR MEDICATIONS & VITAMINS
- SKINCARE ROUTINE
- HEALTHY MEALS
- GO FOR A WALK
- TIDY THE HOUSE
- WASH CLOTHES
- LISTEN TO MUSIC
- HAVE A POWER NAP
- SOCIAL MEDIA BREAK
- TAKE A LONG BATH
- DO A FACE MASK
- CALL A FRIEND OR FAMILY
- MEDITATION
- WATCH A MOVIE
- CUDDLE A PET OR HUMAN
- MOVEMENT/EXERCISE
- READ FOR PLEASURE
- TRY A NEW RECIPE
- NO PHONE 30 MINS BEFORE BED

MOVEMENT

SLEEP



HAPPINESS

FUN

ART

FAVORITE MOOD

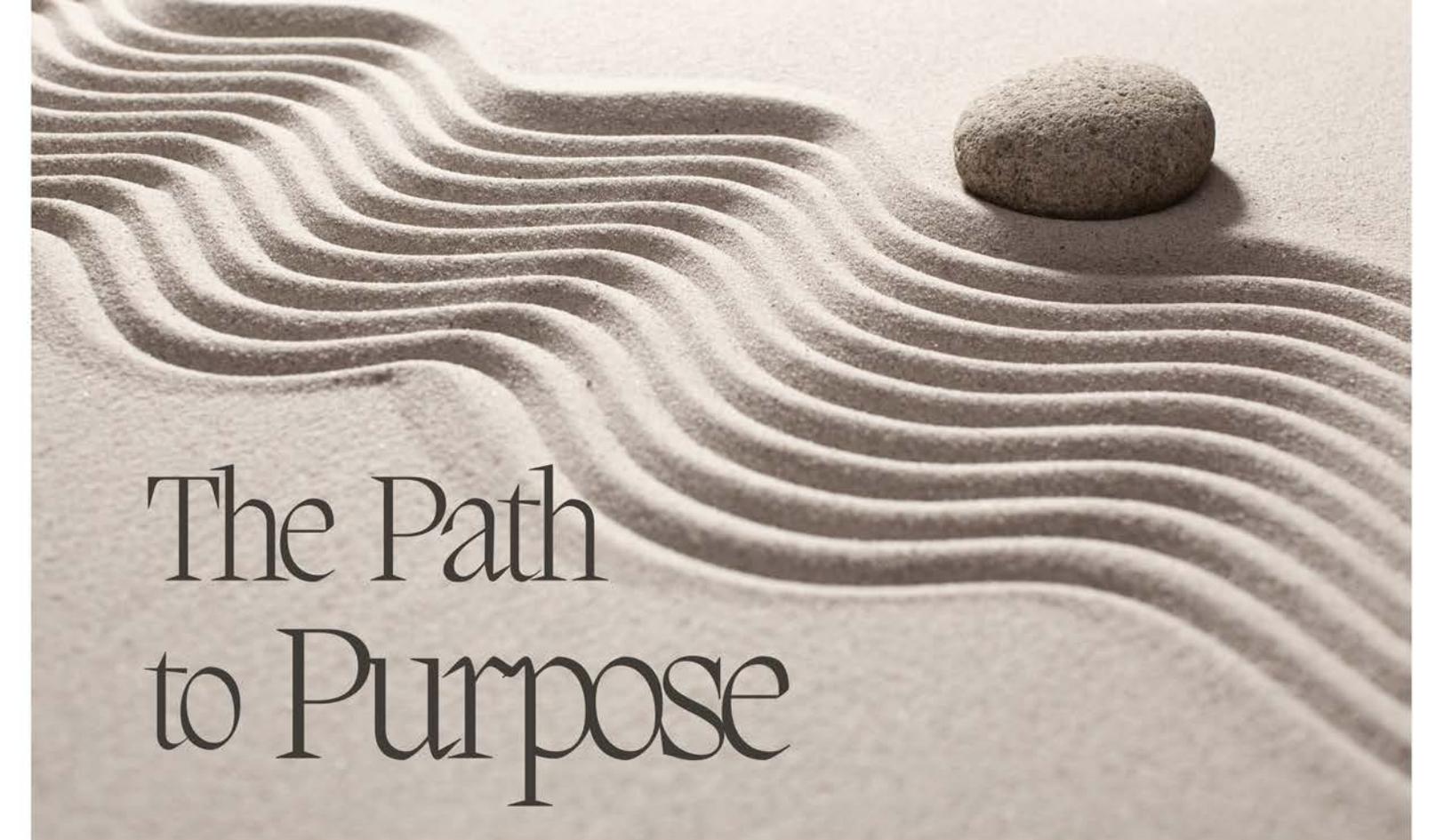
Self Appreciation Mind Map

In the middle of the mind map, write your name. Now fill in all the circles of what makes you special, what makes you special, unique, weird or fun. Be as specific as possible. Instead of writing “kind” you could write, “I am kind: I always smile to my neighbors.” Add designs and decorations to enhance your mind map. See what emerges and avoid judgement as you write and draw.



REFLECTION

Reflect on what you noticed this week in grounding. What will you remember about this week?
Avoid judging yourself for what you did or did not do.

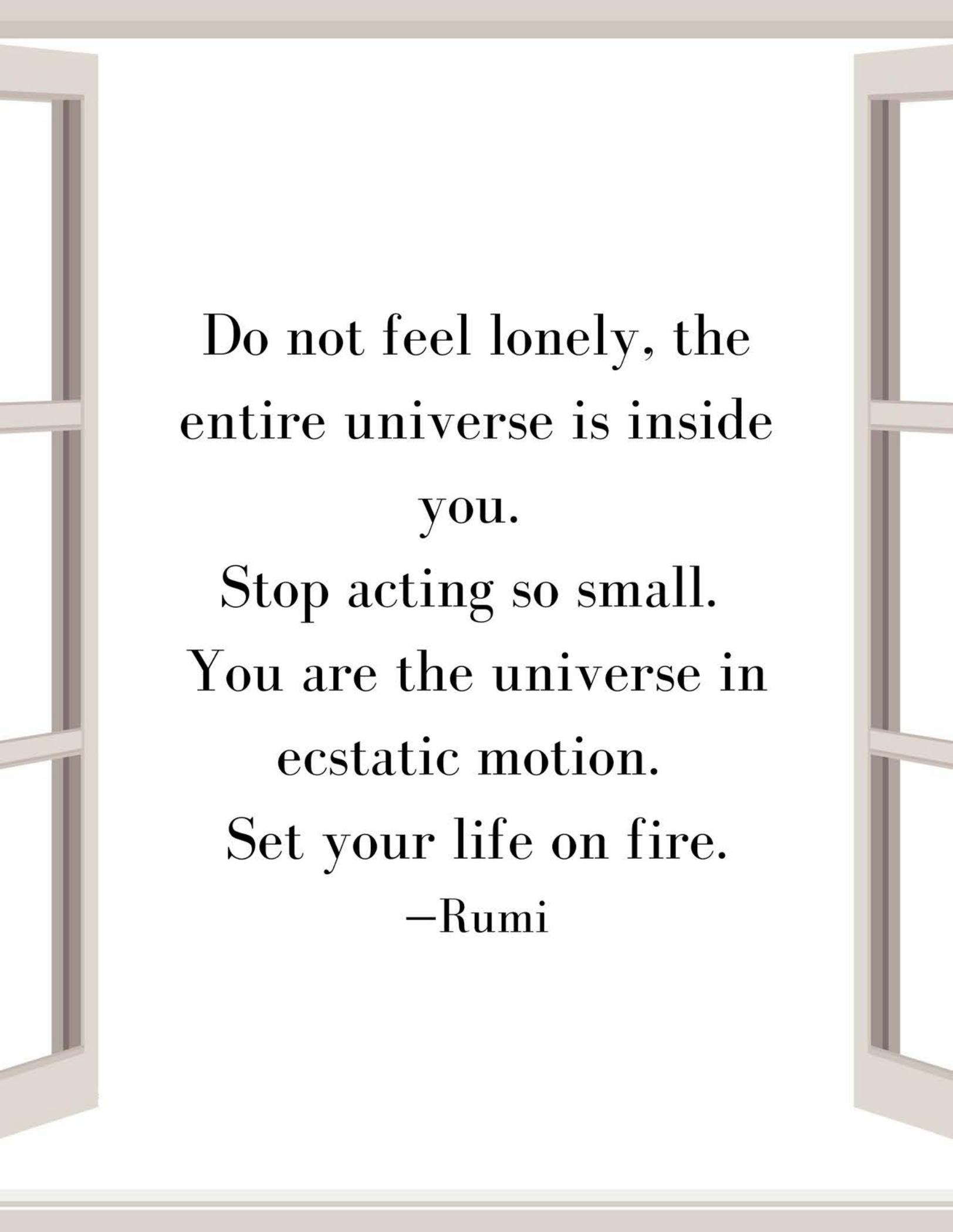


The Path to Purpose

Your purpose includes both your personal values and the action steps you take in alignment with your values. It is through your purpose that you engage with your life, choose what is most important, and make committed actions to demonstrate your values to yourself and others. Your purpose is something you decide based on what you enjoy, have an interest in pursuing, and have an ability/aptitude for doing.

Values - what you decide is most important to you. You have values such as, health, intimate partner relationship, education, family, friendship, parenting, sports, spirituality, work/vocation, community, creativity, service, school, personal development, hobbies, etc. Your values are what YOU want to bring to each area and has nothing to do with what others are doing or even if they like what you are doing. The goal is to make your decisions and actions based on values instead of feelings or reactions to situations or others.

Committed Actions - how you demonstrate your values through your actions. Your actions directly reflect your values. Committed action is how you show your values to yourself and the world. Notice this is action, not thoughts or beliefs. If you live your values, they will show in your behavior. For example, if you truly believe in your health, then your behavior will show it through healthy food choices, exercise, managing your mind, learning what you need to know, practicing body care, and investing time and money in your health. If you only think or talk about your health, then it is a wish, instead of a value and committed action.



Do not feel lonely, the
entire universe is inside
you.

Stop acting so small.
You are the universe in
ecstatic motion.

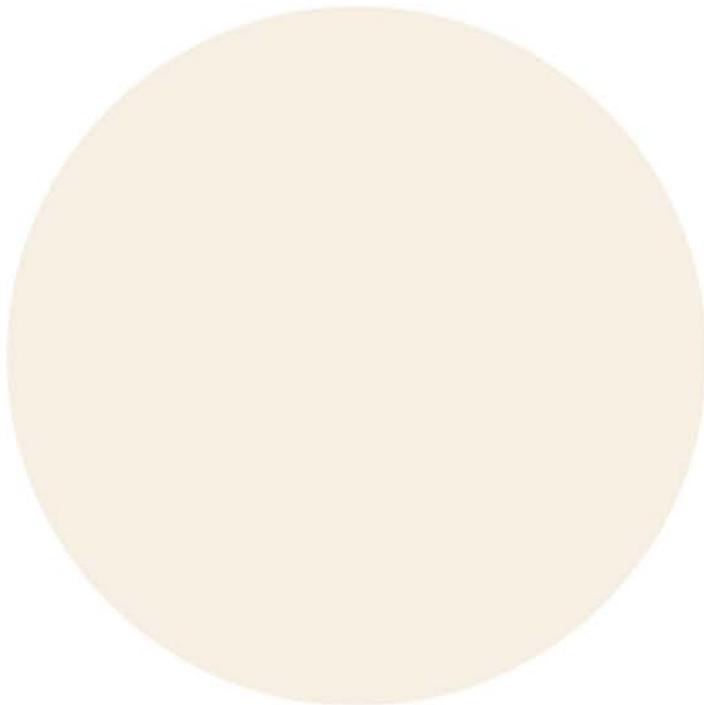
Set your life on fire.

—Rumi

Appreciating Your Modern Creative Why

Revisit your “Modern Creative Why.” This is what is currently guiding you, your reason for doing what you do. Remember, your why is aspirational and inspiring. Why are you drawn to this? How are you uniquely suited to live your Modern Creative Why?

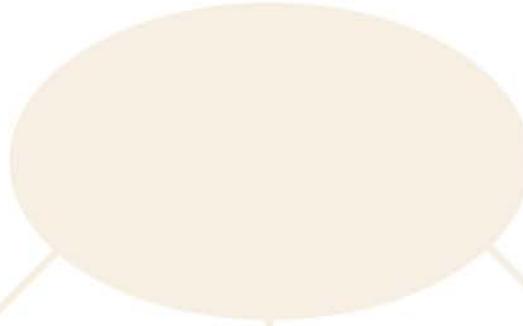
Create a simple design inside the circle to reflect your appreciation of yourself and your “Why”. Be spontaneous. Write down three words to describe your design and give it a title.



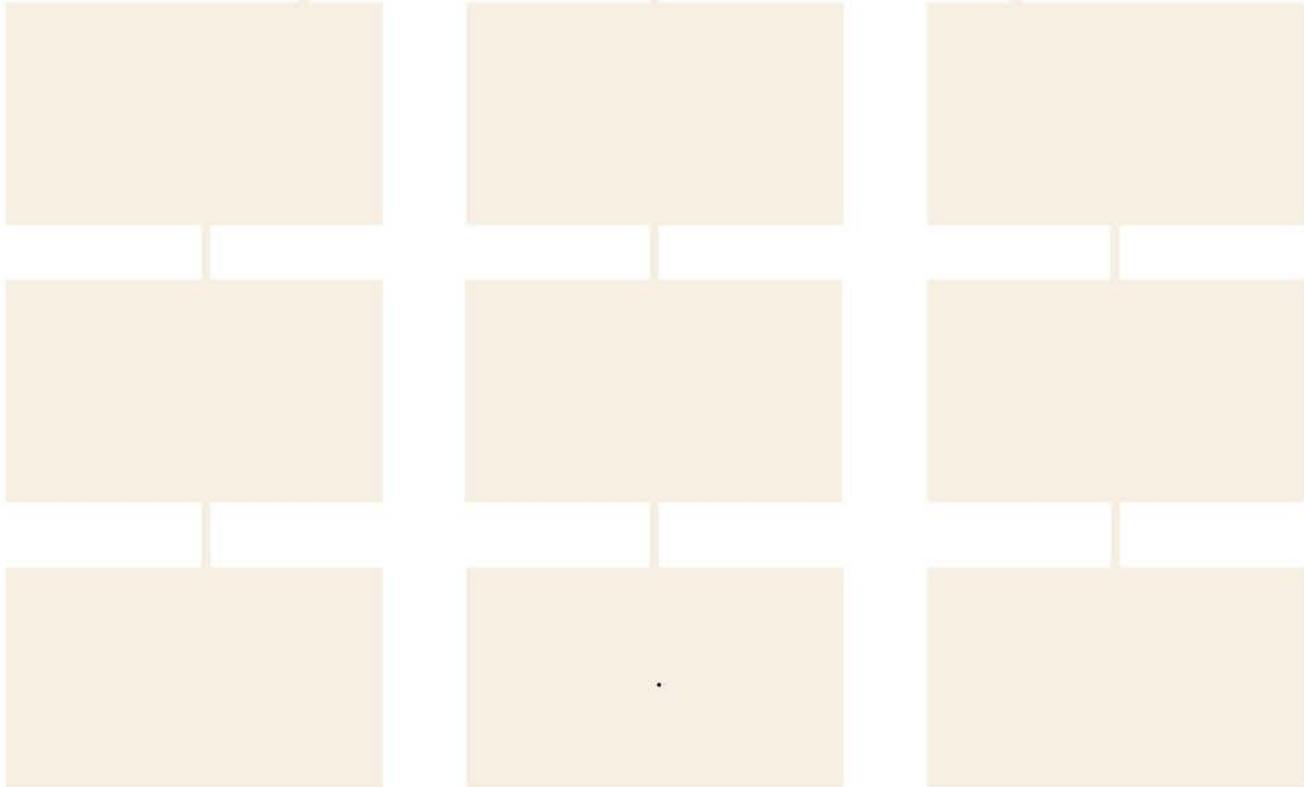
Sharing Appreciation

Time to share your appreciation with others. They might be people you know, old friends or even strangers. In the top circle, write what you want to share (eg. smile, a compliment, a kind word, etc.). In the boxes below, write 9 people (name or role they play like store clerk) you want to appreciate. Figure out a way to show appreciation to these 9 people in the next two days. Notice how you feel.

What you want to share with others:



The people you will appreciate:



Observations

Self Appreciation Bingo

Write down nine activities you would like to do to appreciate yourself more. Choose activities that take a little time (or energy or money). Choose something you would love, have wanted to do, or might have said in the past that you do not have time to do.

After you complete each one, mark it off. You win at Bingo each time you complete three in a row across, down, or diagonal. You win BIG when you complete them all!

01

02

03

04

05

06

07

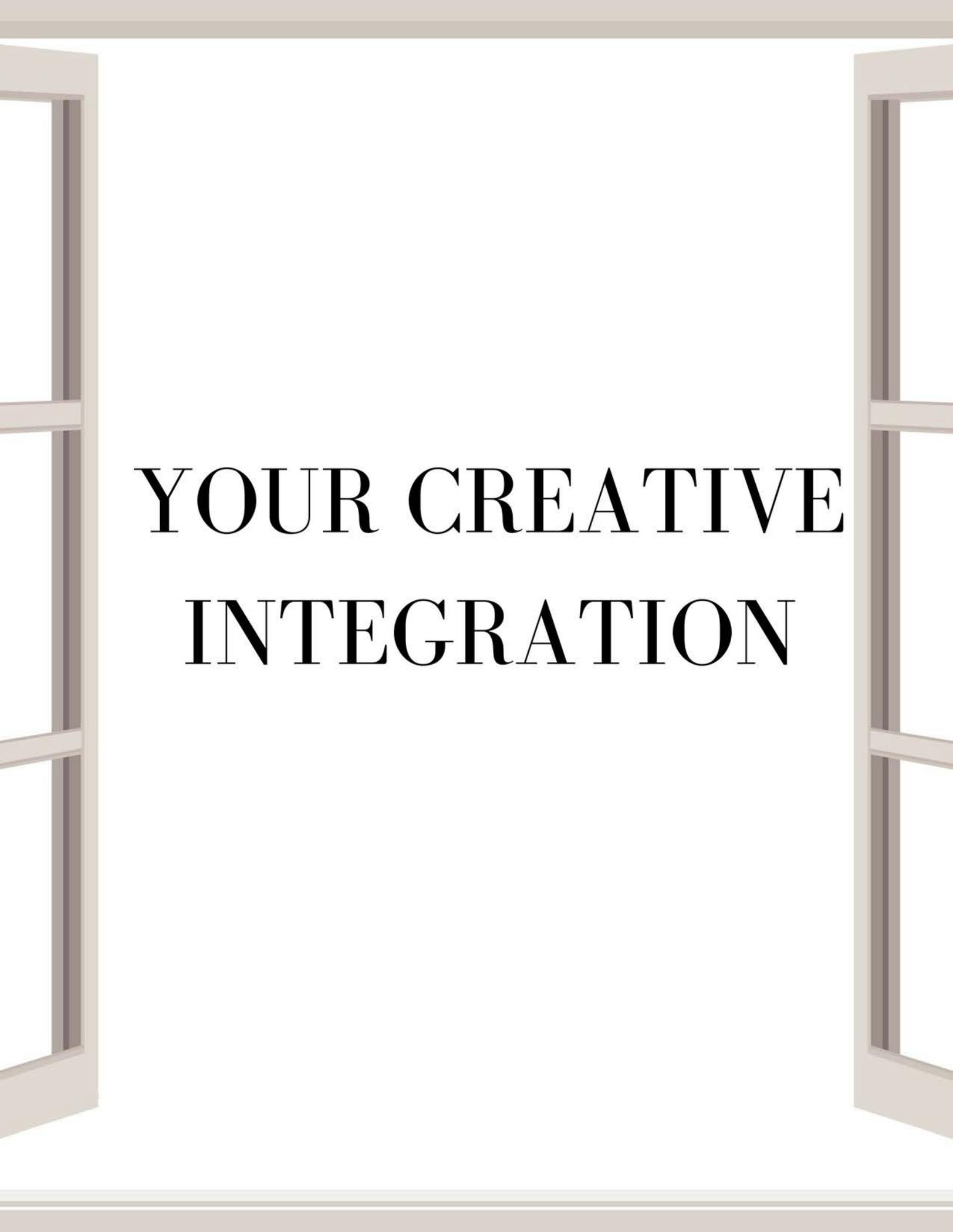
08

09

REFLECTION

What was it like to get to appreciate yourself this month? What are the surprising benefits you noticed when you took good care of yourself? Was it easier to appreciate others? What did self appreciation give you that you did not have before?

What will you do next? Could you share with a friend what you learned and how you are benefiting from self appreciation? How will you carry your self appreciation forward?



YOUR CREATIVE INTEGRATION

Self Appreciation

You have completed a month focused on appreciating yourself! These exercises hopefully opened you to new ideas about how amazing you are!

As Buddha says: You yourself, as much as anybody in the entire universe, deserve your love and affection.

I am delighted you joined this community of Modern Creative Women who are living more compassionately and making the world a better place. Living your values and passions is part of creating a better world. Imagine if everyone appreciated themselves and others!

If you are excited about continuing this work, reach out to The Modern Creative Woman for a list of programs, workshops and retreats. For the ultimate creative glow-up, consider a custom-designed VIP package in San Francisco, Paris or online.

It is my pleasure to share the evidence-based information which has helped people all around the world. I look forward to hearing from you about what you learned in this workbook. Please send me a testimonial that I may share with others so they know the benefits of being a Modern Creative Woman.



Amy Backos, PhD, ATR-BC

Celebrate Yourself!



**How I
increased my
presence this
month...**



**How I changed
my mindset this
month...**



**How I moved
towards my
purpose this
month...**

How I will celebrate myself:

Resources



Personal Development

- **Coaching:** Creativity is everything! Focus on developing your creative thinking to excel in your work, love and presence in the world.
- Creativity Intensives online, in San Francisco and Paris.
- Complementary consultations.



Stay in Touch!

- Instagram @dramybackos
- Join me each Friday at noon PST while I gently guide you to strategies to live a creative and joyful life.
- DM me with questions or topics you want to see covered!



Learn more!

- **Podcast:** The Modern Creative Woman.
- **Book:** ACT Art Therapy by Dr. Amy Backos
- **Book:** PTSD and Art Therapy by Dr. Amy Backos.
- **Book:** Emerging Perspectives in Art Therapy by Drs. Amy Backos & Richard Carolan

