



appreciating yourself

week 1

Rate Yourself

On a scale of 0-10, how present
are you right now?

0-1-2-3-4-5-6-7-8-9-10

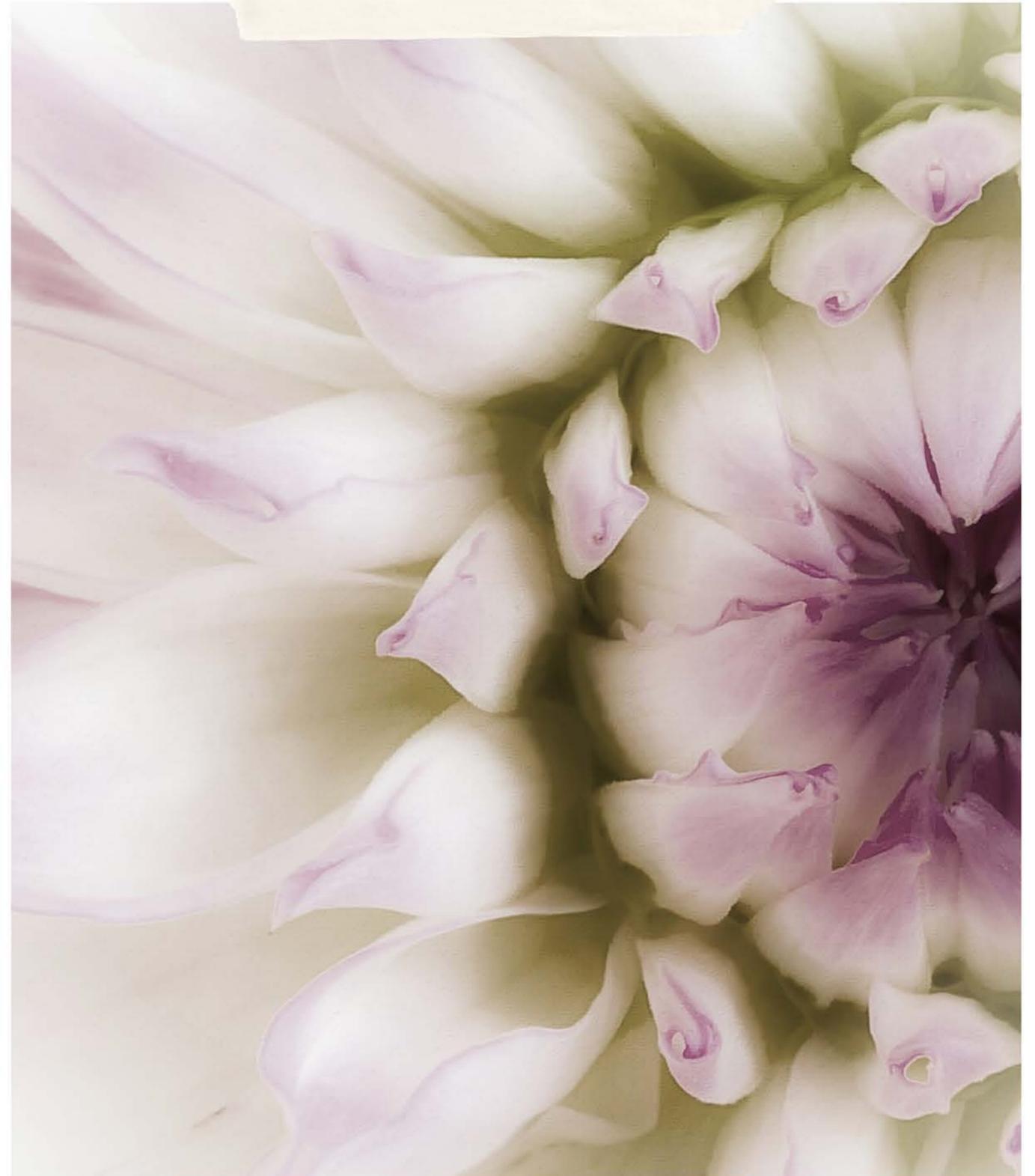
0 = completely checked out, not present

3 = mostly not present, many thoughts
about the past or the future

5 = neutral, half here, half distracted

7 = mostly present, some thoughts about
the past, future or distracted by thoughts

10 = completely present



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



What is your intention for this workshop on self appreciation?

Raise your Zoom hand or put your answer in the chat.

Housekeeping

This book and classes are for education and inspiration. This is not therapy and participating does not constitute a therapeutic relationship.

Be kind, positive and respectful. Share solution-focused ideas about what works for you. Everyone is welcome here.

Classes are recorded and will be on the membership page. Your Zoom image does not appear there...if you participate in class, your voice/image will appear on the video.

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The Modern Creative Woman



Modern Creative Woman

- We are a fun, supportive learning community.
- We commit to creativity and creative thinking.
- We focus on our values, purpose, and aligned actions.
- We practice knowing ourselves more so we can make our relationships and the world a better place.

The Modern Creative Woman



Modern Creative Woman Timeline

MINDSET
RELATIONSHIP
TO YOUR
THOUGHTS

WEEK
01

PRESENCE
PRESENT
MOMENT
AWARENESS

WEEK
02

WEEK
03

PURPOSE
YOUR
UNIQUE
VALUES

what you
appreciate...
appreciates.

—lynn twist; author of the soul of money.

What is Gratitude?



Gratitude

grat·i·tude

/'gradə,tʊd/

the quality of being thankful;
readiness to show appreciation
for and to return kindness.



A sense of happiness
and thankfulness in
response to a
fortunate
happenstance or
tangible gift.

The American Psychological Association (n.d.)



Gratitude is both a State and a Trait

(Jans-Beken et al., 2020)

- An in-the-moment experience gratitude for someone or something.
- A character trait where we cultivate and use the feeling of gratitude to feel good and bring more peace to ourselves and others.



Feeling of gratitude involves 2 stages

(Emmons & McCullough, 2003)



FEELING OF
GRATITUDE...
involves 2 stages

(EMMONS & MCCULLOUGH, 2003)



1. Acknowledgment of goodness in one's life.

- In a state of gratitude, we say yes to life.
- We affirm that, all in all, life is good and has elements that make it worth living.
- The acknowledgment that we have received something gratifies us, both by its presence and by the effort the giver put into choosing it.



2. Gratitude is recognizing that sources of this goodness lie outside the self.

- One can be grateful to our creator, other people, animals, and the world, but not to oneself.
- We recognize the goodness in our lives and who to thank for it.



- The two stages of gratitude give us recognition of 1. the goodness in our lives and 2. how this it came to us.
- Through these two processes, we recognize the fortune of everything that improves our lives and ourselves.
- Can be grateful, even if you dislike...might dislike the noise of trees being cut down but be grateful the trees are out of the power lines.



What is Appreciation?



Appreciation

ap·pre·ci·a·tion

/əˌprɛʃHēˈāʃHən/

recognition and enjoyment of
the good qualities of
someone or something.





APPRECIATING “WHAT IS”

- Appreciation comes from (is in alignment) with presence.
- Mindfulness and present moment awareness are necessary for appreciating “what is.”



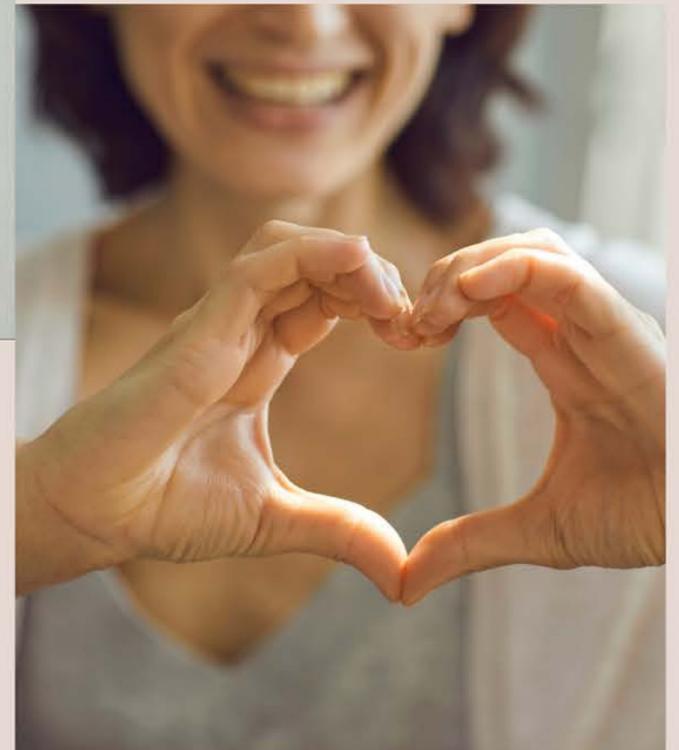
Appreciated

Appreciating “WHAT IS”

- Noticing “what is” and pausing to admire or appreciate.
- Requires acceptance.
- Can appreciate, even if you dislike...might appreciate how someone dresses, even if you would not wear it, appreciate how a friend sticks to their beliefs, even if you would handle a situation differently.

Gratitude

- Grateful that your doctor helped you when you were sick.
- They gave you a gift of service, caring or a procedure, etc.
- They gave you something (health) when there was a lack (ill health).



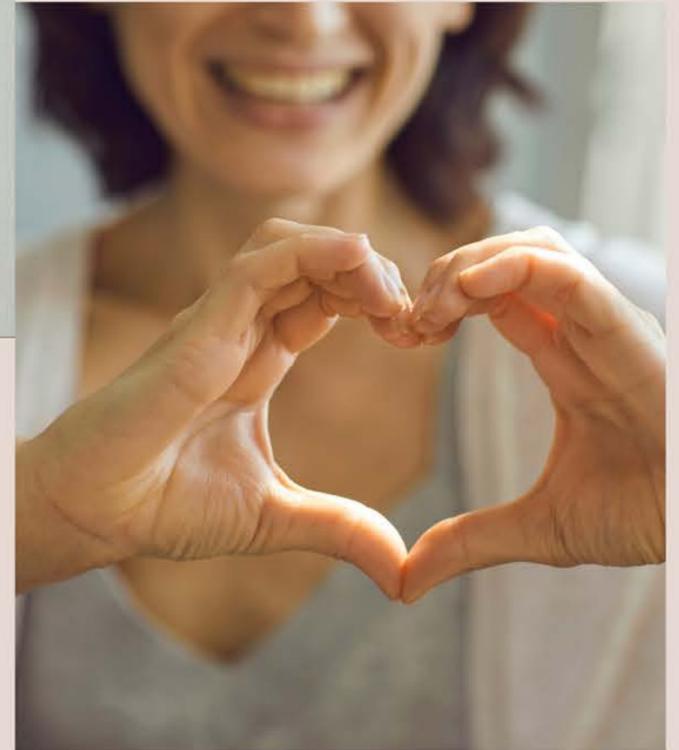
Gratitude

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Appreciation

- Appreciate how the doctor has talents, knowledge, and skill.
- Their skill was there before you needed anything.
- Their skill exists in them and you admire it.



Self Gratitude & Appreciation



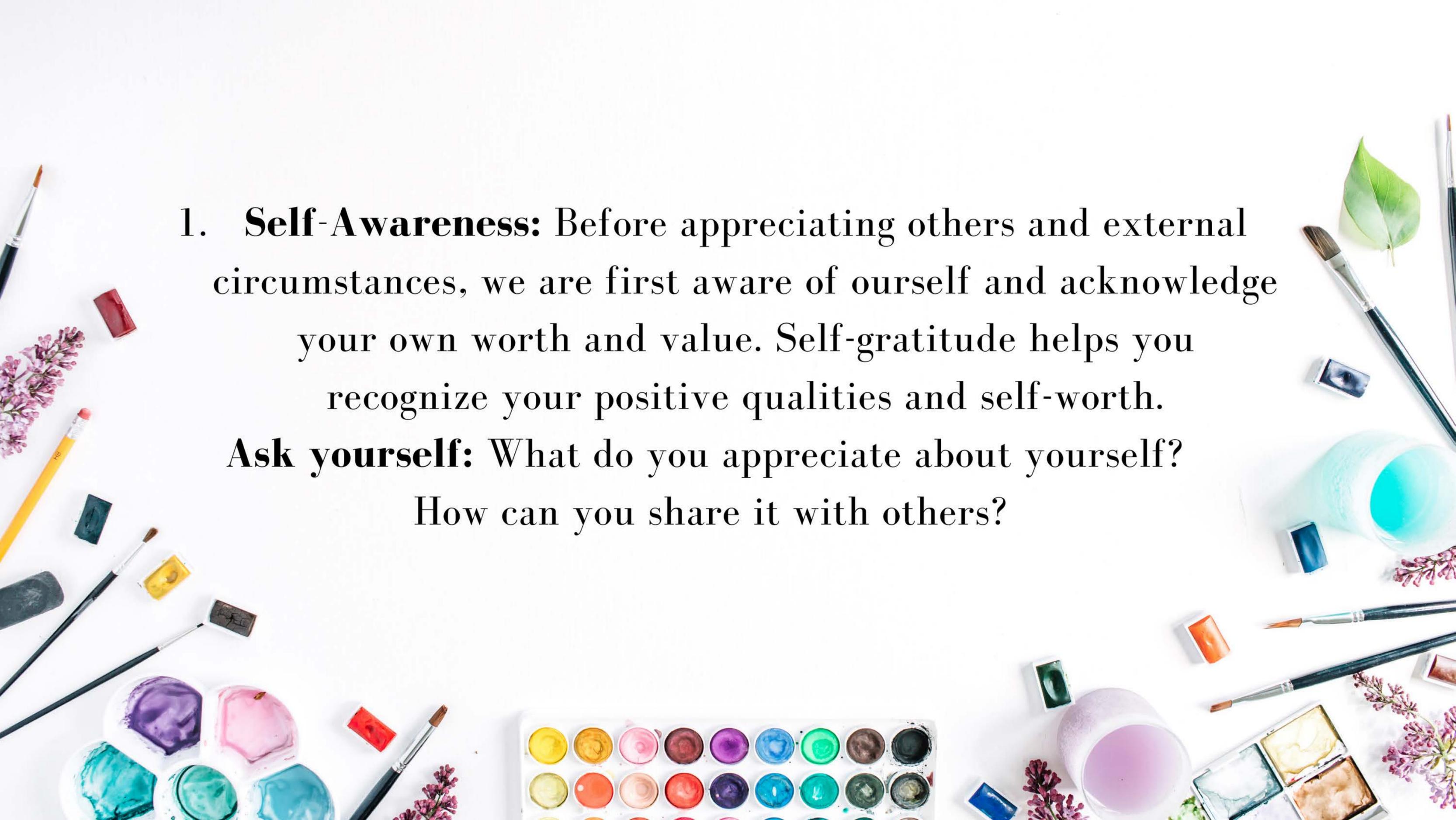
gratitude opens the door to
the power
the wisdom
the creativity
of the universe.

—deepak chopra



Gratitude and appreciation of
anything begins with self-
gratitude.

Here are seven reasons to appreciate yourself.
(List is in your workbook)

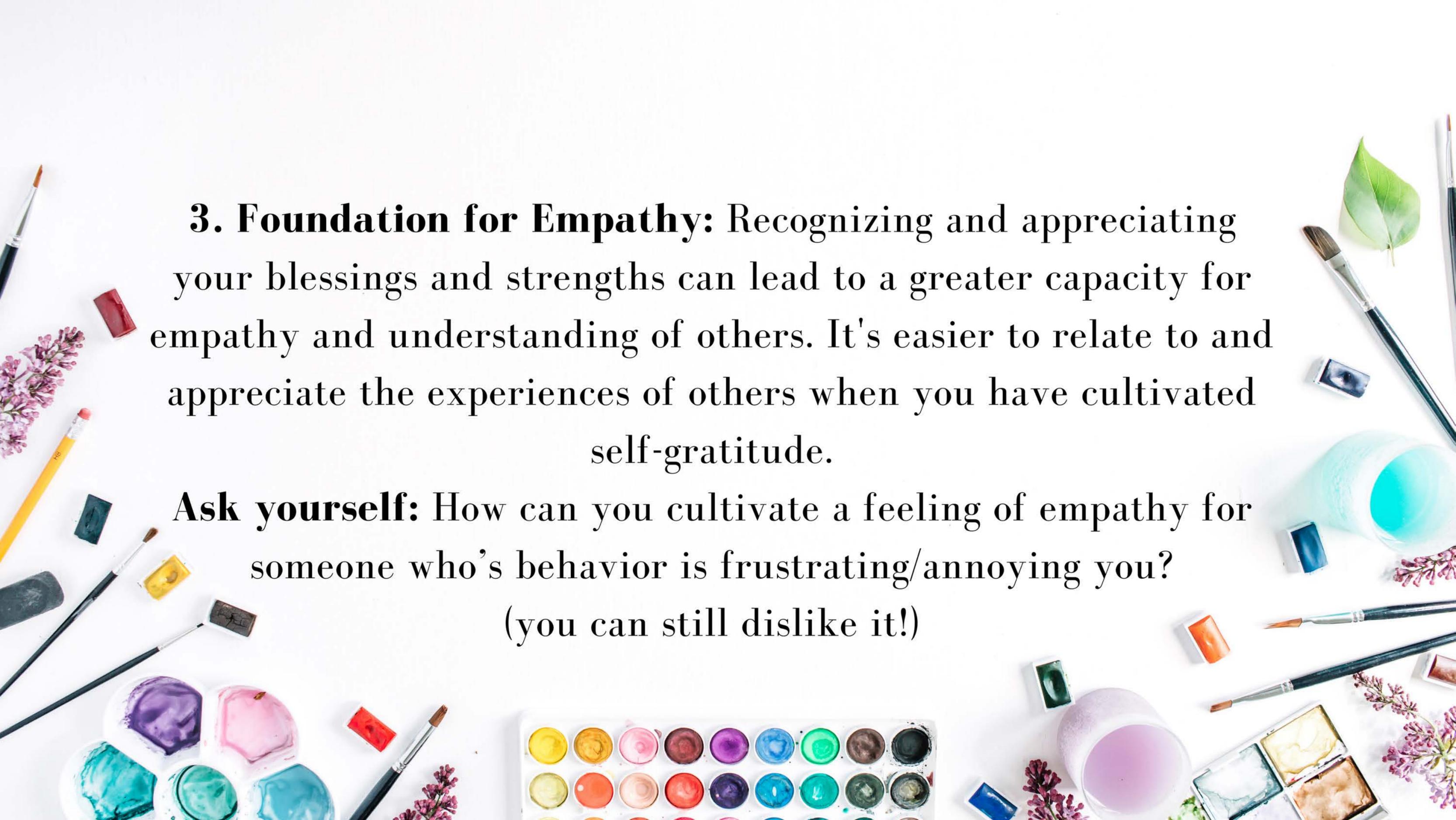
The background of the image is a top-down view of various watercolor painting supplies scattered on a white surface. On the left, there are several brushes of different sizes and colors, a yellow pencil, a red eraser, and a small bouquet of pink flowers. In the center, there is a white palette with 24 circular wells of various colored watercolor paints. To the right, there are more brushes, a green leaf, a small blue square of paper, and a white cup containing a vibrant blue liquid. The overall composition is artistic and creative, with a focus on the tools of the trade.

1. **Self-Awareness:** Before appreciating others and external circumstances, we are first aware of ourself and acknowledge your own worth and value. Self-gratitude helps you recognize your positive qualities and self-worth.
Ask yourself: What do you appreciate about yourself?
How can you share it with others?



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.

Ask yourself: What small self care acts will you do today?
(8-10 hours of sleep, water, nutrition, movement, art, meditation, etc.)



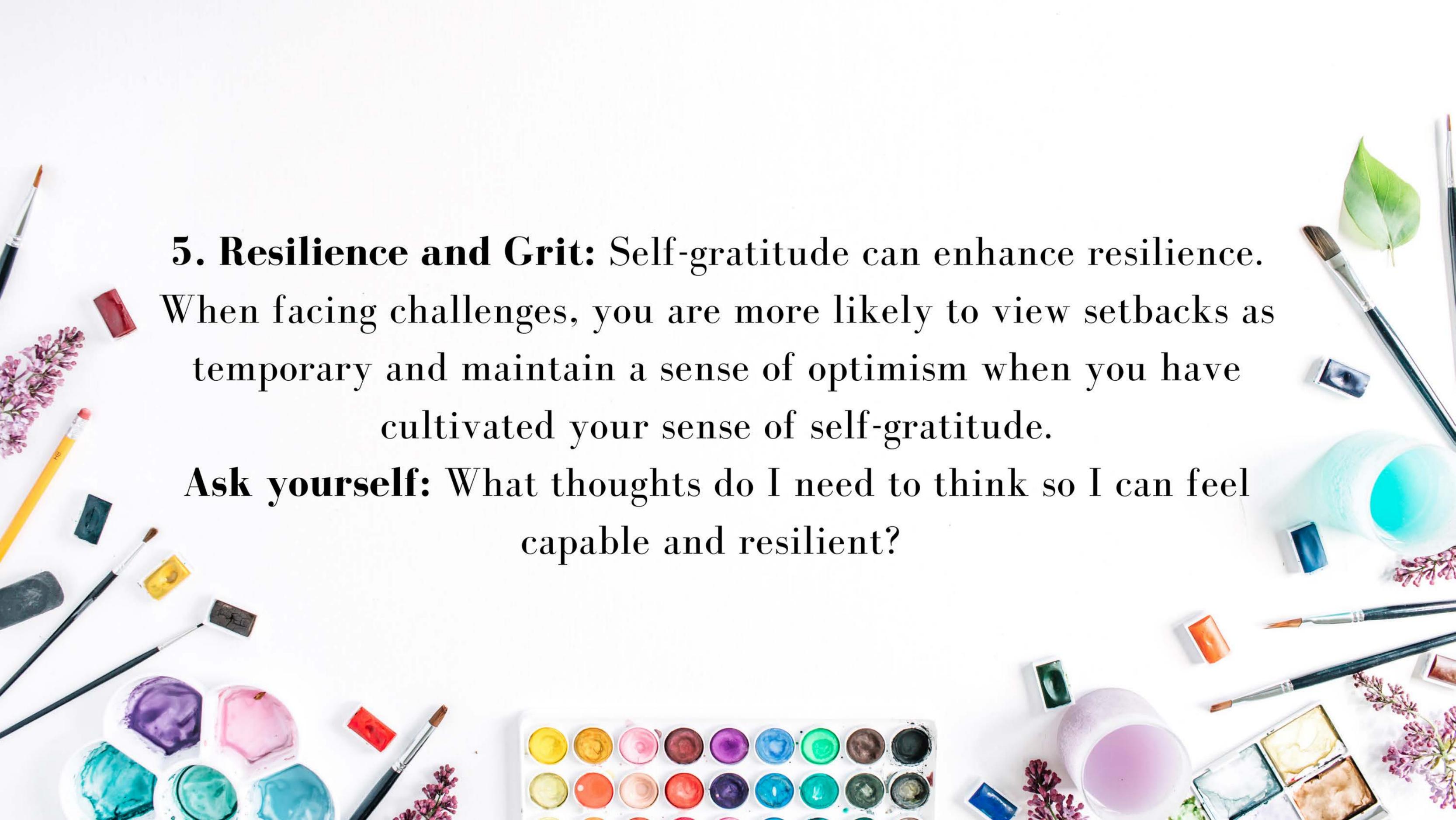
3. Foundation for Empathy: Recognizing and appreciating your blessings and strengths can lead to a greater capacity for empathy and understanding of others. It's easier to relate to and appreciate the experiences of others when you have cultivated self-gratitude.

Ask yourself: How can you cultivate a feeling of empathy for someone who's behavior is frustrating/annoying you?
(you can still dislike it!)



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. Gratitude can help you foster a creative mindset.

Ask yourself: What negative thoughts about myself or my future am I fused with (believing the thought as if it were true)?

A top-down view of various watercolor painting supplies scattered on a white surface. The items include several paintbrushes of different sizes and colors, a palette with various colored paints, a water container with blue water, a green leaf, and some small pink flowers. The supplies are arranged around the central text, creating a decorative border.

5. Resilience and Grit: 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.

Ask yourself: What thoughts do I need to think so I can feel capable and resilient?

The background of the image is a white surface scattered with various watercolor painting supplies. On the left, there are several brushes of different sizes and colors, a yellow pencil, a red eraser, and a small bouquet of pink flowers. In the center, there is a white palette with a grid of colorful watercolor paints. On the right, there are more brushes, a green leaf, a blue paint palette, and a small container of blue paint. The overall scene is artistic and creative.

6. Balanced Perspective: Self-gratitude doesn't mean being self-centered or egotistical. It is acknowledging your own worth while also appreciating the contributions of others and external factors to your well-being.

Ask yourself: What unique strengths do I bring to a situation where I am feeling frustrated or stuck?



7. Lead by Example: When you practice self-gratitude, you set a positive example for others. This can encourage a culture of gratitude your family, organizations, and communities.

Ask yourself: Who do I want to be a role model for?
(friends/family, children, parents, coworkers, neighbors, etc.)



Let's appreciate each other!

What is one thing you appreciate about
yourself?

Raise your Zoom hand or put your answer in the chat.

Mindful Moment



A close-up photograph of a person's feet wearing black, polished leather loafers. The feet are resting on a light-colored, possibly tiled, floor. The person is wearing black pants. The image is centered around a white rectangular text box.

**KICK YOUR FEET UP AND
GET READY TO SAVOR
SOME HAPPY MEMORIES**



THANK
YOU

Recall a Gratitude

- Recall a moment in time where you felt grateful for something outside of you, that was caused by another person.
- For example: someone bought you coffee, let you into traffic, gave you a complement, chatted cheerfully with you in line at the store, did a chore for you, etc.
- How did you feel? What did you think? What did you do? Where do you feel gratitude in your body?

Recall a Moment of Appreciation

- Recall a moment in time when you were feeling appreciation and enjoying it.
- For example: you admired a quality in a friend/family/stranger, admired a piece of art, clothing, liked a space, savored the flavors/textures of a meal, loved a view in nature, enjoyed being with a friend/family, felt happy when you noticed something.



I appreciate you.

- Notice how this feeling is different from gratitude.
- How did you feel?
What did you think?
What did you do?
Where do you feel appreciation in your body?





Mandala Art Response





Mandala

- Sanskrit for magic circle, healing circle.
- Important symbolism in Hindu and Buddhist cultures and Asian art.
- Found in churches and rose windows.
- Mandalas are believed to represent different aspects of the universe.
- They are used as tools for meditation and symbols of prayer.
- The first shape that children draw.



Mandala

- In Hinduism and Buddhism, Belief that “entering the mandala” and proceeding towards its center, you are guided through the cosmic process of transforming the universe from one of suffering into one of joy and happiness.
- A powerful tool in art therapy for centering and grounding.



Mandala Art

- Draw a circle on your paper.
- Draw a dot in the middle.
- Inside the circle create lines shapes and colors to reflect what you appreciate about yourself.
- Outside the circle, create lines shapes and colors to reflect how you express it, how you show it to others, etc.





Give your art a title and write three words to describe it.





How do YOU tell the difference
between gratitude and appreciation?

Raise your Zoom hand or put your answer in the chat.



Affirmations



**I am a woman
who...**

- embraces gratitude.
- takes time to appreciate herself and others.



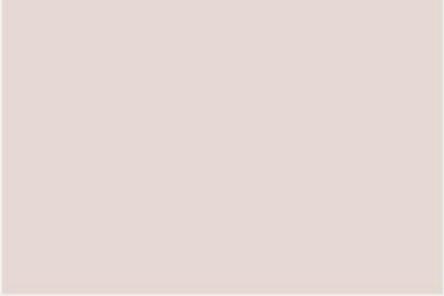


Finish the sentence in the chat:

"I am a woman who..."

Your Reflections for the Week





Your Inspired Action

20 minutes a day will give you more than enough time to complete tasks this week.

1

**Intentions
& Gratitude
Journal**

2

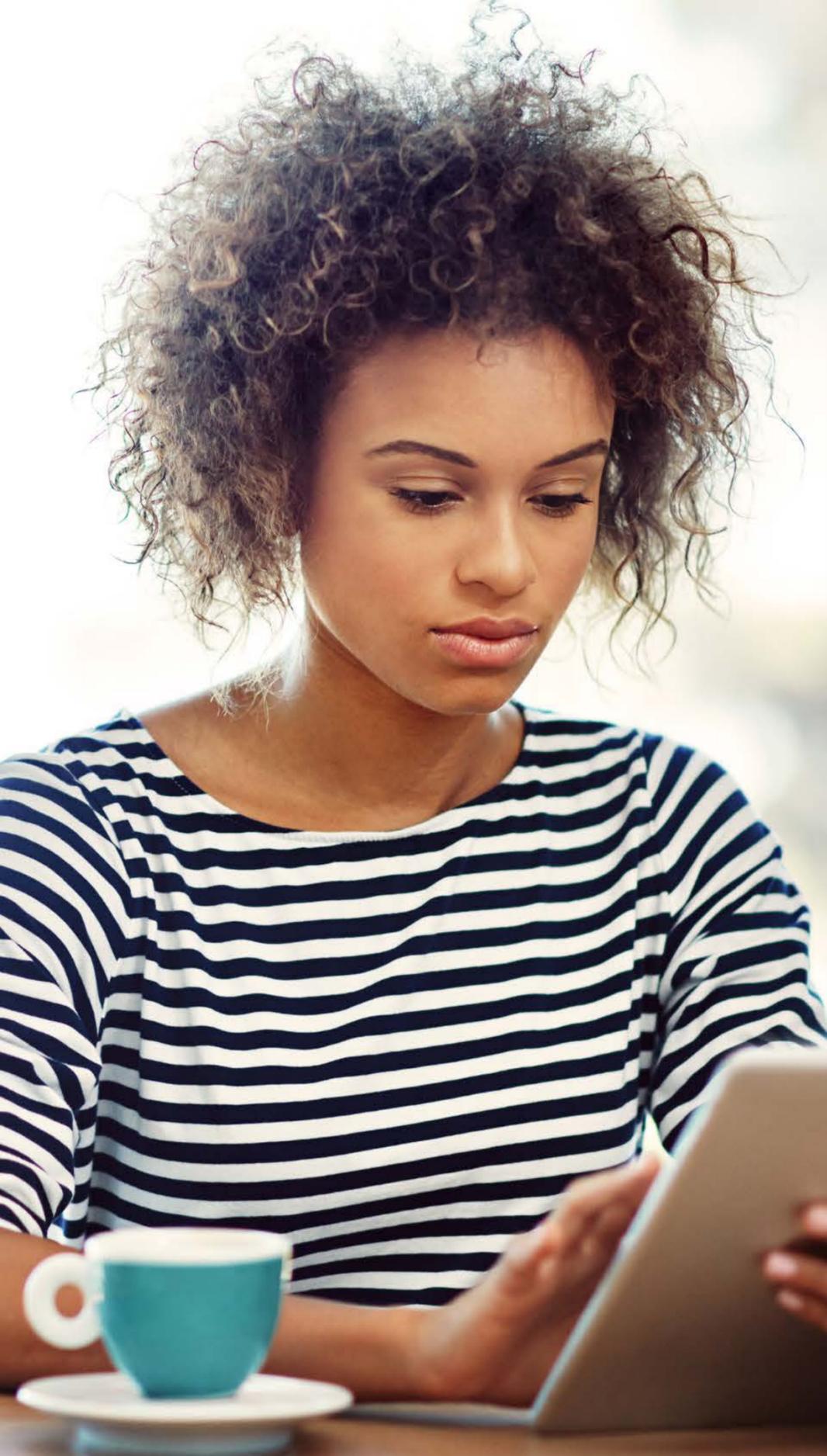
**Get Out of
Your Mind**

3

**Your Story
in Print**

4

**Written
Reflection**



Intentions

- What are your intentions for this workshop?
- How good are you at self appreciation?
- Be specific about how you want to develop and cultivate self-appreciation.



Gratitude & Appreciation

- Did you join the 21 Day Gratitude Challenge?
- You can try a daily entry from the challenge.
- Gratitude, appreciation & inspired action.



Get Out of Your Mind...and Into Your Life

- Stop thinking and go do something!
- Today, you are going to be biased towards action!
- If you had to choose action 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

- Describe yourself as if you were being interviewed for your favorite magazine and the reporter **ADORES** you.
- Write a snippet of the article from the reporter's perspective.
- Remember, they think you are fascinating, interesting, engaging, attractive, and fun! (Which you are!)



Written Response

- 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?
- End your reflection with some uplifting sentences about what is possible for you in the coming weeks.



**BREATH IT ALL IN.
LOVE IT ALL OUT.**



On a scale of 0 -10, how present are you
right now?

What are your "before" and "after" scores?

Put both numbers in the chat.

What To Do Next



Review

Review your orientation manual & workbook.



Make the commitment

Schedule 20 minutes a day & put in your planner.



Exercises

Read and complete the exercises for the week.



Ready for More?

Friday at noon PST on IG live
@dramybackos

Autumn VIP Creativity day or weekend

Podcast

Paris Trip

The Modern Creative Woman



What will you remember about
today's class?

Put your answer in the chat
or raise your Zoom hand.



Thank
you!