



appreciating  
yourself

week 2



# 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

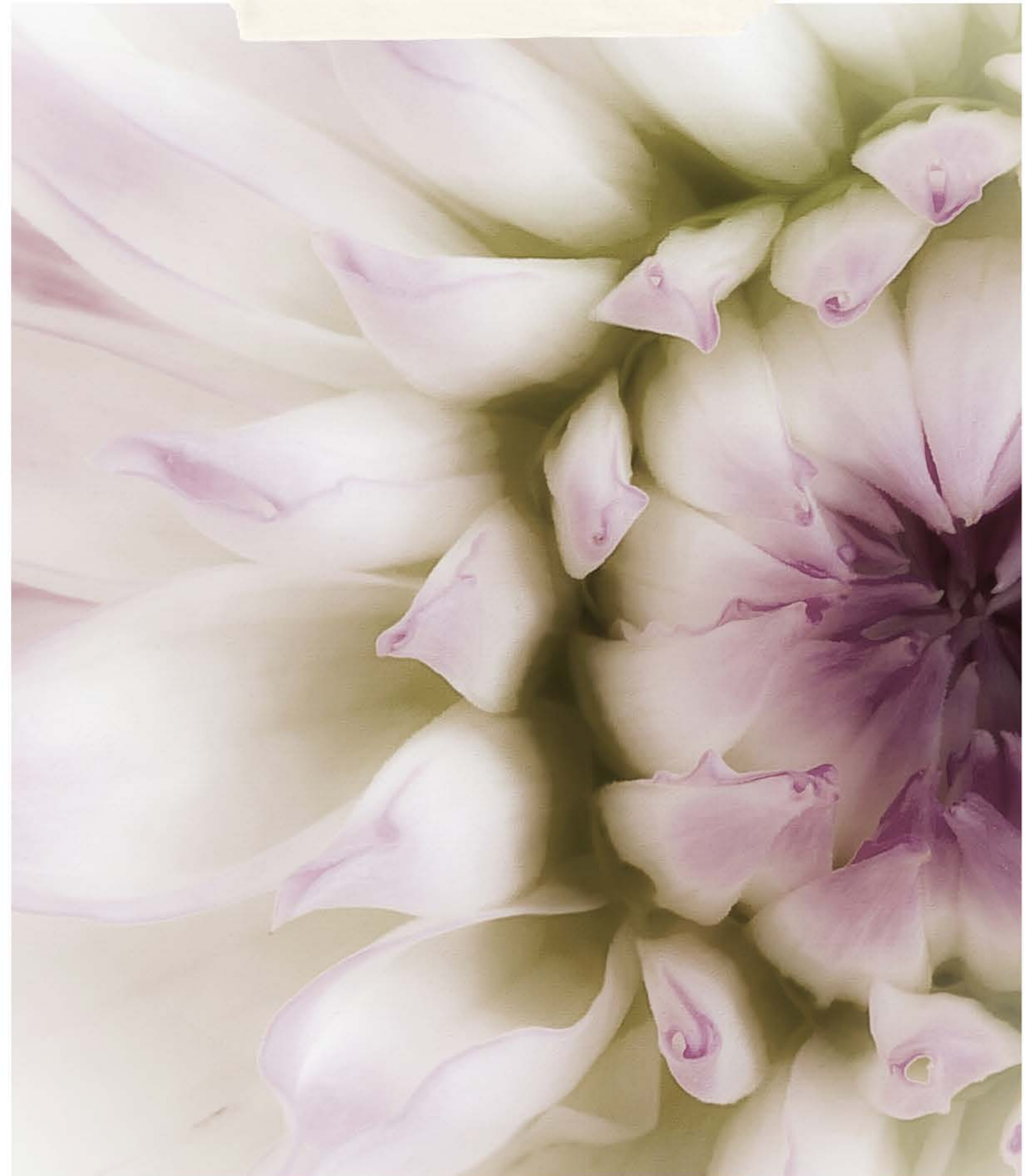
0 = completely checked out, not present

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





there is nothing  
better than a friend;  
unless it is a friend  
with chocolate.

—linda grayson

# Modern Creative Woman Timeline

**MINDSET**  
RELATIONSHIP  
TO YOUR  
THOUGHTS

WEEK  
**01**

**PRESENCE**  
PRESENT  
MOMENT  
AWARENESS

WEEK  
**02**

WEEK  
**03**

**PURPOSE**  
YOUR  
UNIQUE  
VALUES



a true friend is someone who  
knows the song in your heart  
and can sing it back to you  
when you have forgotten the  
words.

– donna roberts.



# A Mindset of Gratitude







Think of a friend... What do you  
most appreciate about that  
person?

Write down 3-5 characteristics you admire.



# Finding Self Appreciation

- We can look inside and outside for self appreciation.
- Both can be helpful when you know where to direct your attention.
- Projection: assigning our attributes or feelings to another person.
- Sigmund Freud: Identified projection as a defense mechanism to help us cope with unacceptable or unwanted feelings or thoughts.





# Looking outside...

- **Projection:** assigning our attributes or feelings to another person or others.
- **Sigmund Freud:** A defense mechanism to help us cope with unacceptable or unwanted feelings or thoughts. We assign the thought to others.
- **ACT:** We are to context for our lives and we can look around to see how we want to interpret what we see.
- **Modern Creative Woman:** Creatively combining everything we see for inner and outer peace.



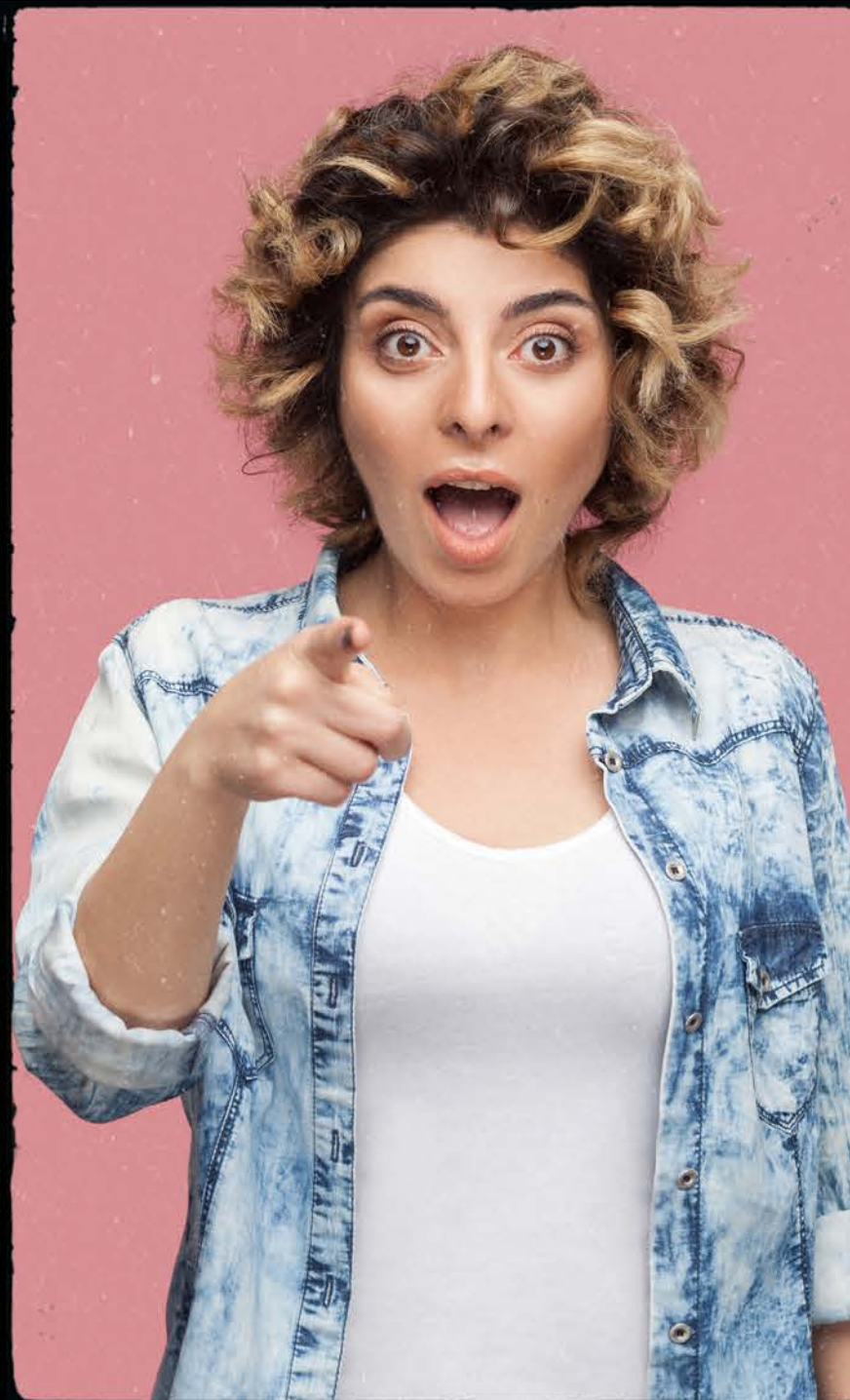


# Looking Outside

- What you appreciate in others is also in you.
- You would be unable to see it in others if you were lacking it within.
- If you imagine some friends are having fun, it is only because you know what it is to be fun.
- When you have feelings of jealousy, it can point you towards what you truly desire.
- When we find jealousy unacceptable/too uncomfortable, we project the negative feelings onto another person.
- Gratitude helps us orient out thoughts, feelings and actions to happiness and feeling good.







LACK OF GRATITUDE



# Looking Outside

- What happens when we lack a gratitude mindset when interacting or looking at others?
- Thoughts.
- Feelings.
- Actions.
- Consequences.





# Without Gratitude

- For example...
- Imagine a woman doing what she likes, not caring about what others think, possessing a spirit, radiating positivity, freedom, excitement, calm, sexuality, enthusiasm health, fun, kindness, pleasure, happiness, love, generosity, etc.



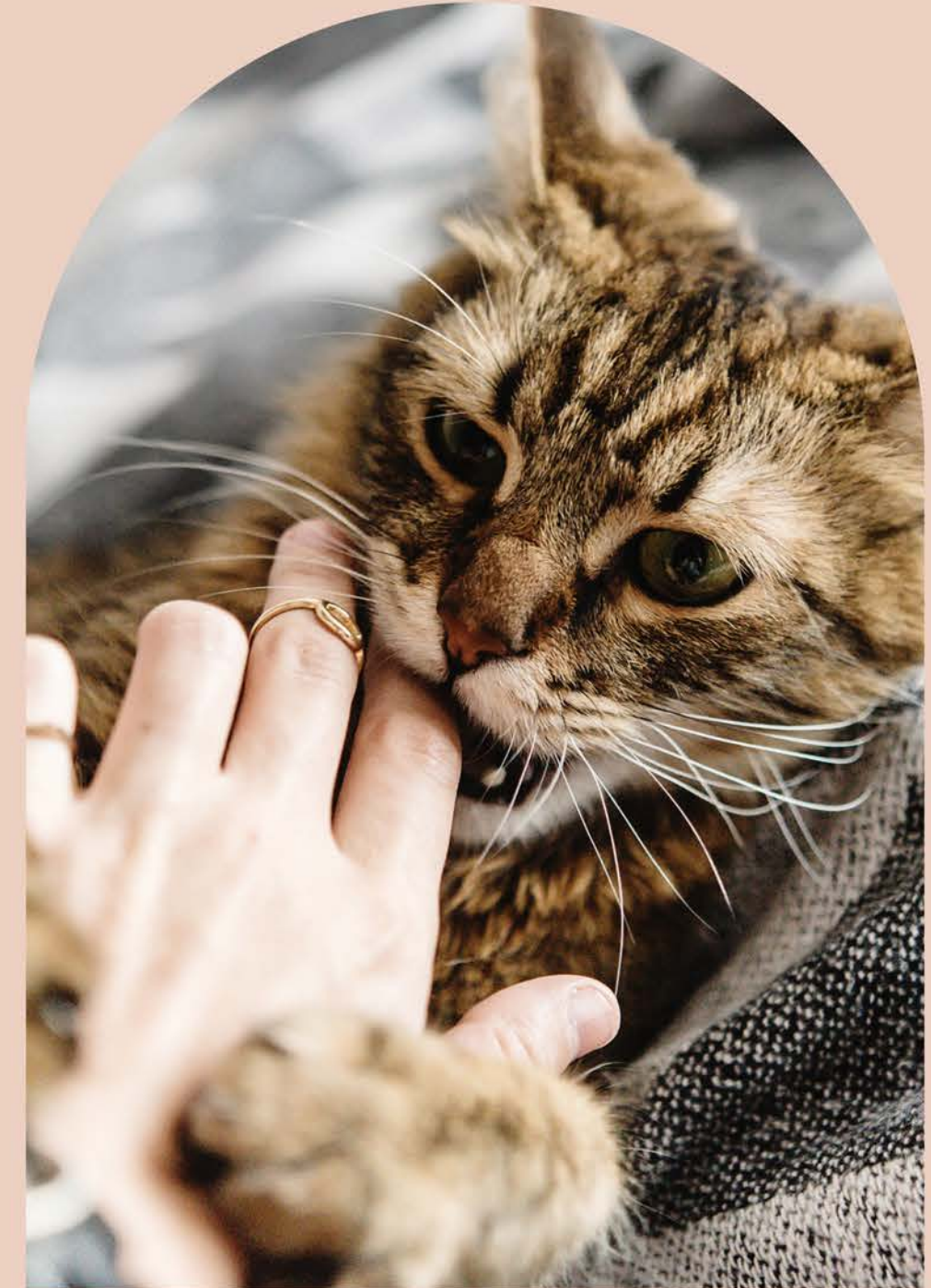
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# Without Gratitude

## **Non-gratitude thoughts**

- I am lacking.
- She has something I can never have.
- She should not do that.
- I don't like that.
- I am upset or “injured” by her spirit, possession, success, etc.
- Why am I not like that?
- Hyper-focuses on one aspect of her.
- Something is wrong with me. (Biting the hand that feeds you).





# Without Gratitude

## **Non-gratitude feelings**

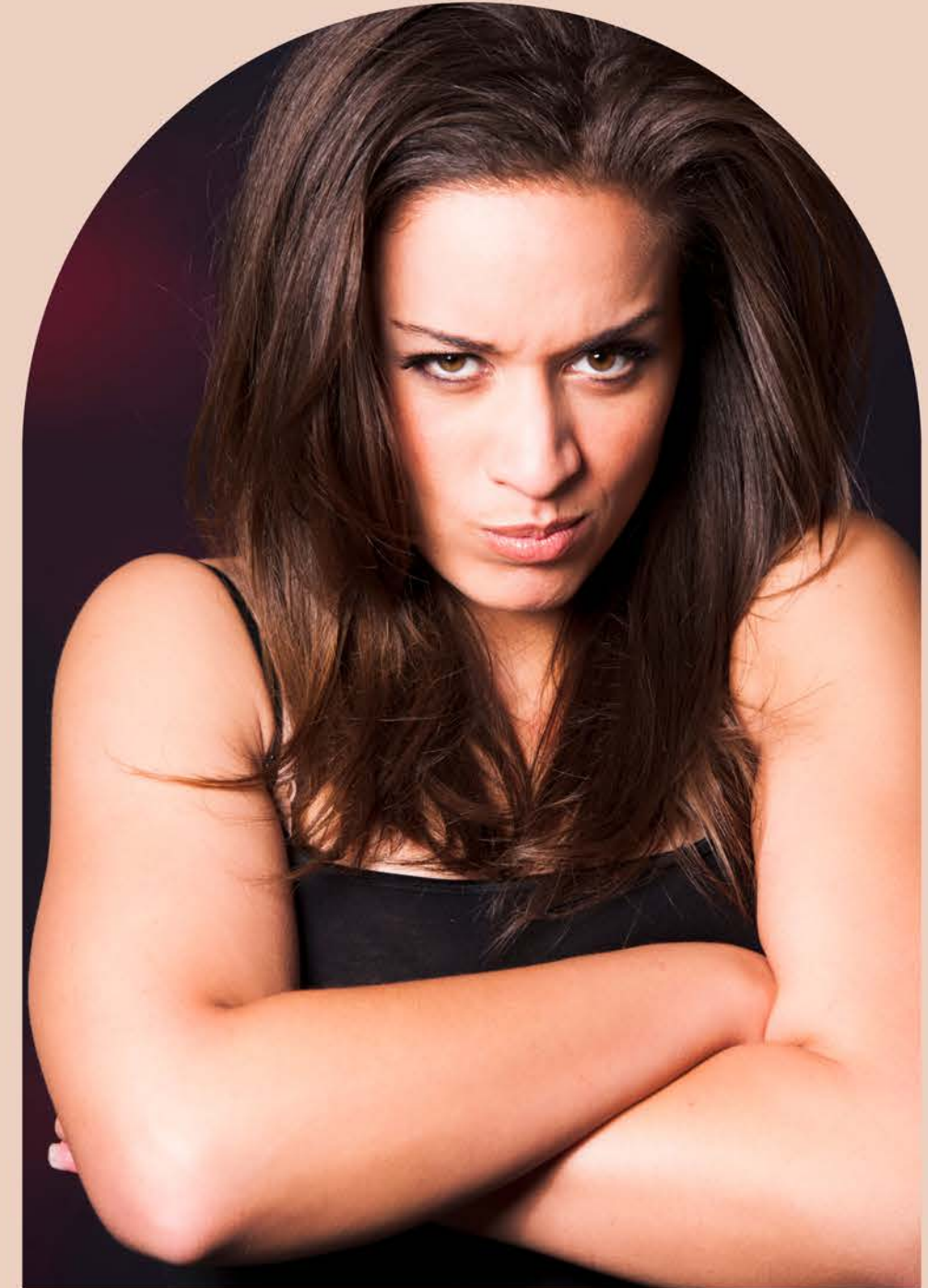
- Shame (ie: something is wrong with me).
- Judgement/critical.
- Pushing away thoughts about our own desires.
- Suppresses thoughts of admiration, appreciation, or enjoyment.



# Without Gratitude

## **Non-gratitude actions**

- Gossip.
- Judgement of her: avoiding her, being unkind.
- Judgement of self.
- Cultivate resentment.
- Focus on area you feel you lack.





# Without Gratitude

## **Non-gratitude consequences**

- Negative feelings internally generated.
- Discomfort, ill at ease.
- Loss of opportunity to explore own desires.
- Loss of opportunity to know more.
- Increased self judgement, increased focus on ego.
- Loss of connection to self.
- Loss of contact with feeling of gratitude.
- Making yourself feel bad (The opposite of what we are striving for).







FULL OF GRATITUDE



# With Gratitude

- What happens when we have a gratitude mindset when interacting or looking at others?
- Thoughts.
- Feelings.
- Actions.
- Consequences.



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# With Gratitude

- For example...
- Imagine a woman doing what she likes, not caring about what others think, possessing a spirit, radiating positivity, freedom, excitement, calm, sexuality, enthusiasm health, fun, pleasure, happiness, love, generosity, etc.



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# With Gratitude

## **Gratitude thoughts**

- She is happy, having fun, etc...
- She has something I admire.
- I like, appreciate...
- I am inspired by her spirit, possession, success, etc.
- I am aware of discomfort when I think of her...what is is that about?
- I am aware of the feeling of jealousy and I am curious about what it is pointing me towards...





# With Gratitude

## **Gratitude feelings**

- Curiosity.
- Admiration.
- Appreciation.
- Enjoyment.
- Gratitude.
- Uncomfortable.



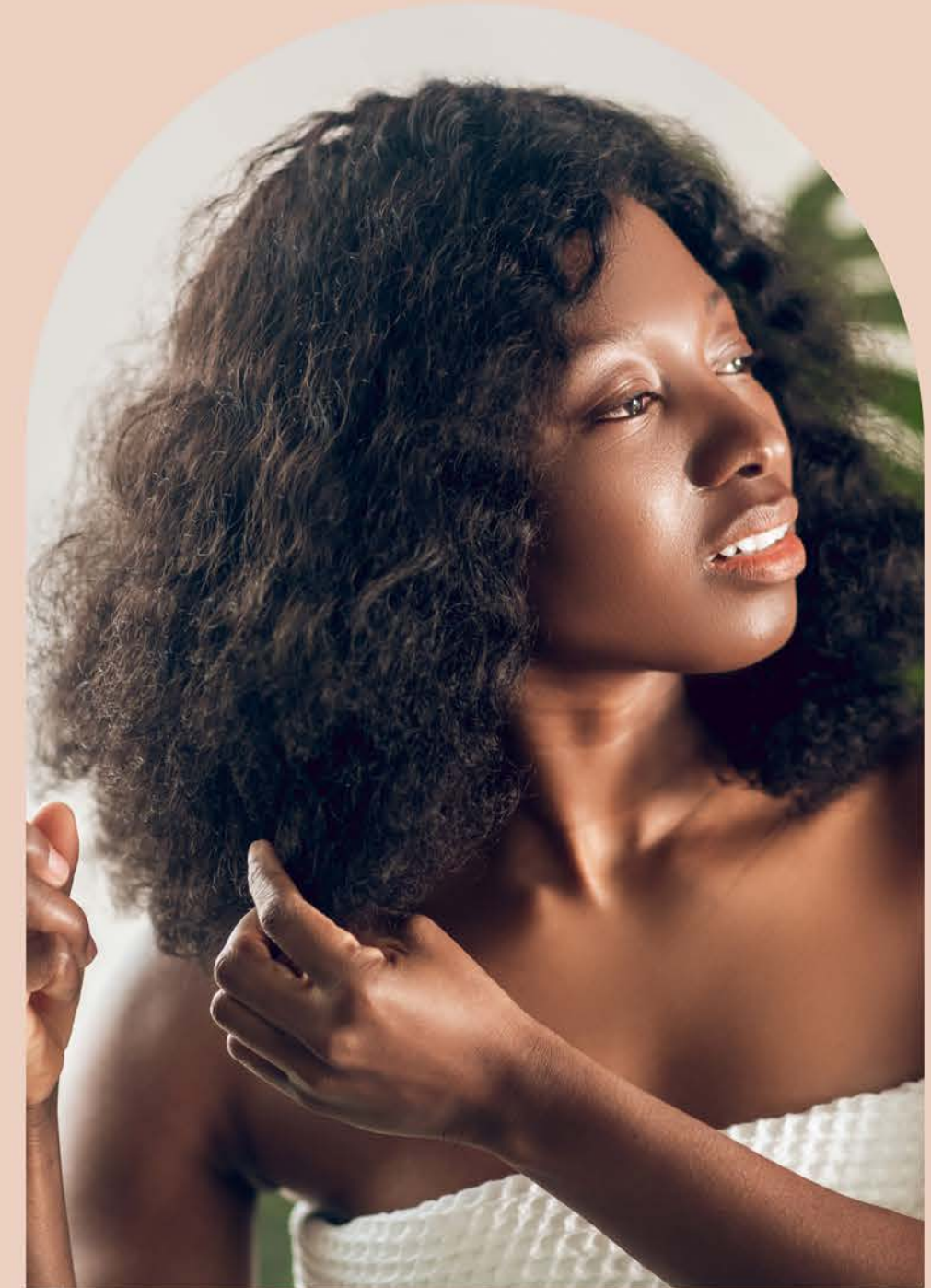
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# With Gratitude

## **Gratitude actions**

- Notice your feelings and thoughts.
- Get curious about your desires.
- Mindfulness and stance of acceptance.
- Notice and shift from judgement to neutral and then appreciation.
- Tell her what you admire.
- “Good gossip.”
- Journal about your feelings.
- Make a list of 15 things you admire in her.





# Without Gratitude

## **Gratitude consequences**

- Positive feelings internally generated.
- Comfort, at ease with yourself.
- Opportunity to explore own desires.
- Less self judgement.
- Increased connection to self.
- Increased contact with feeling of gratitude.



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GRATITUDES





## THOUGHTS FEELINGS

- Curiosity
- Wonder
- Interest
- Acceptance
- Love
- Peace
- Gentle



## ACTIONS

- Reflect
- Present  
Moment  
Awareness
- Notice
- Non-  
judgement
- Express



## CONSEQUENCES

- Ease
- Feel good
- Enjoyment
- Appreciation
- Increased  
contact with  
self & present  
moment



# Self Gratitude & Appreciation





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

—deepak chopra





Let's appreciate each other!

What is one thing you appreciate about  
yourself?

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



# Gratitude and Appreciation Art







# Mandala Art Response





# Gratitude

grat·i·tude

/'gradə,tʊd/

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





# Appreciation

ap·pre·ci·a·tion

/əˌprēSHē'āSHən/

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















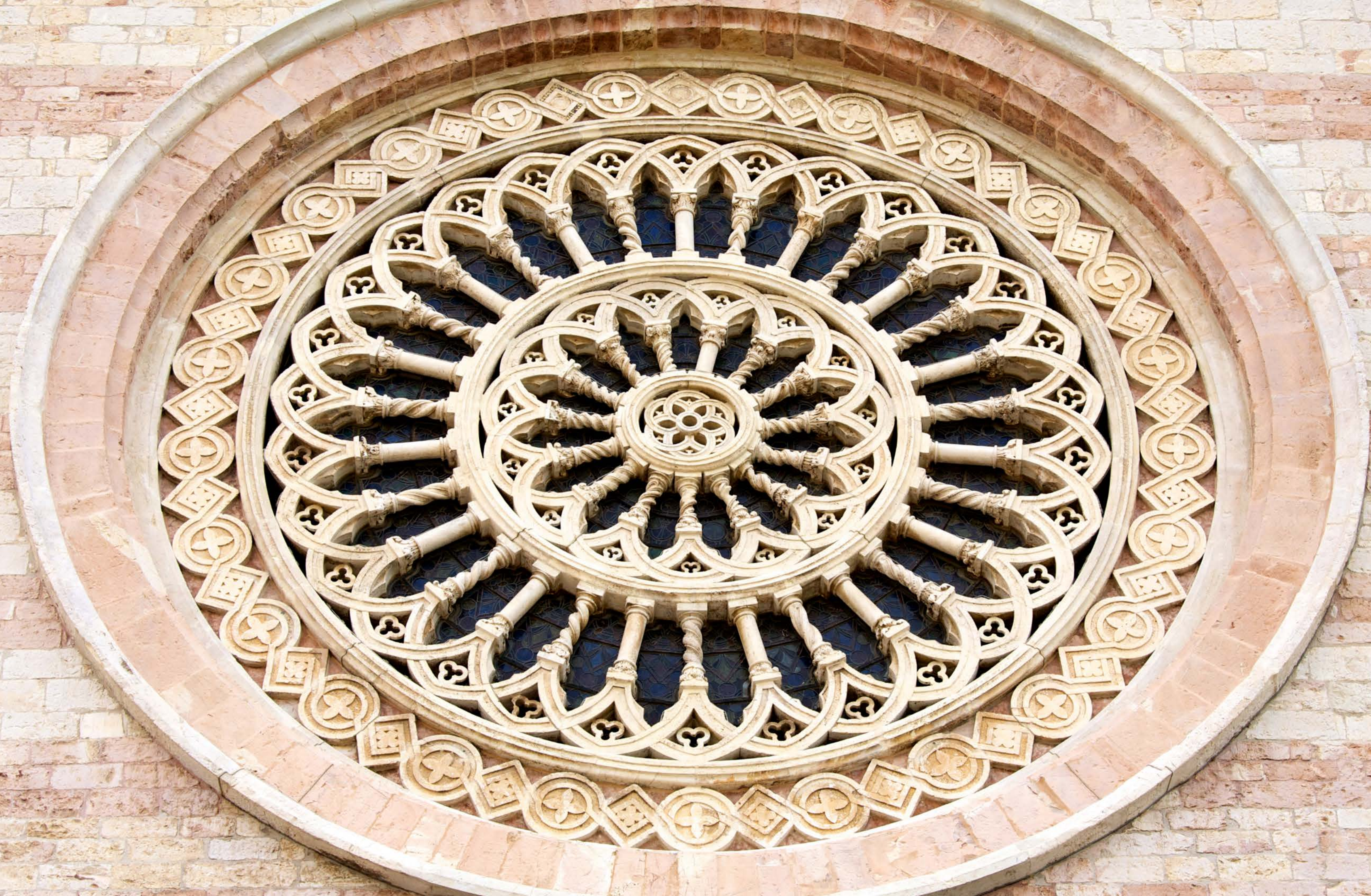






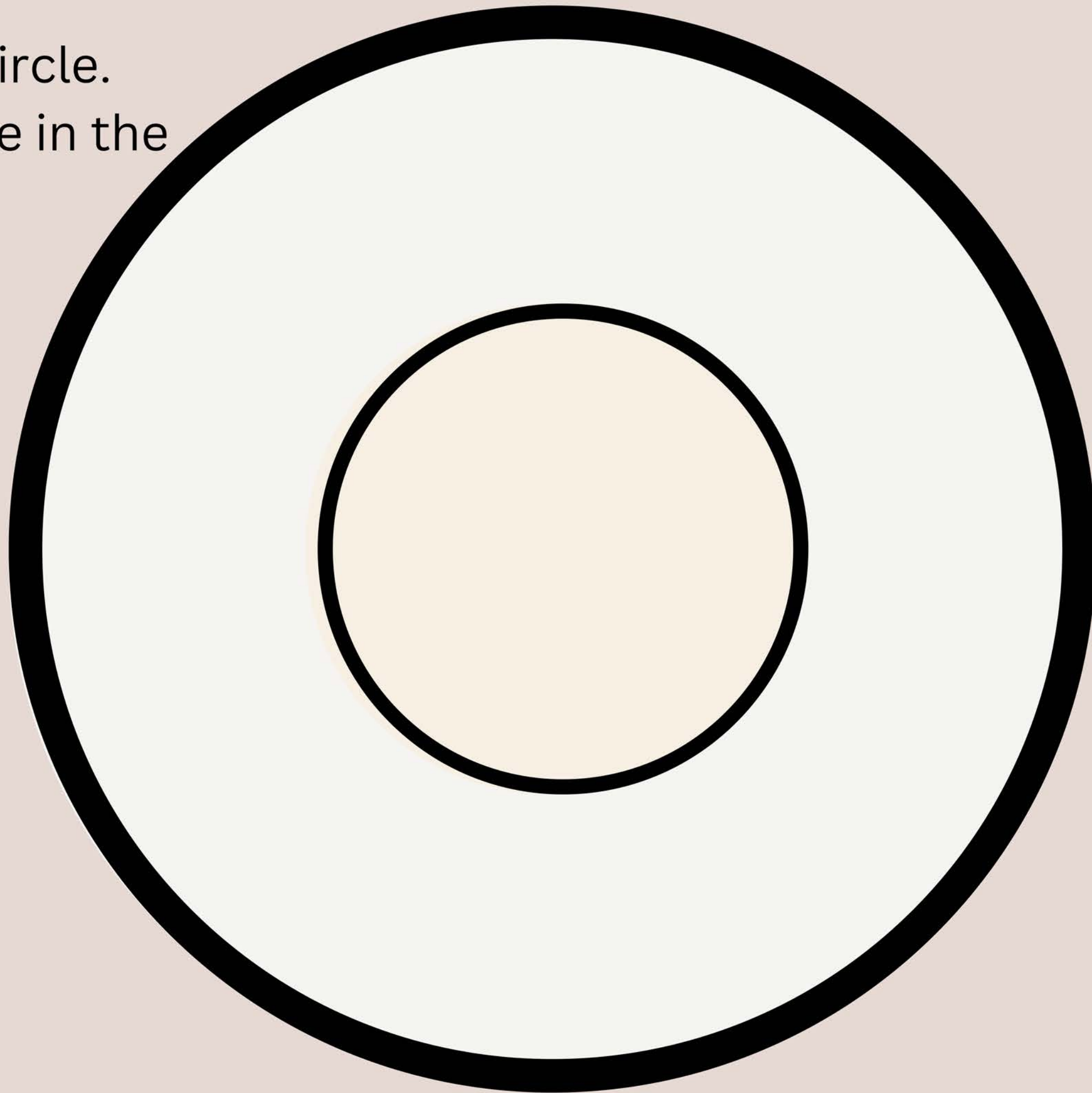








Draw a large circle.  
Add a small circle in the  
middle.



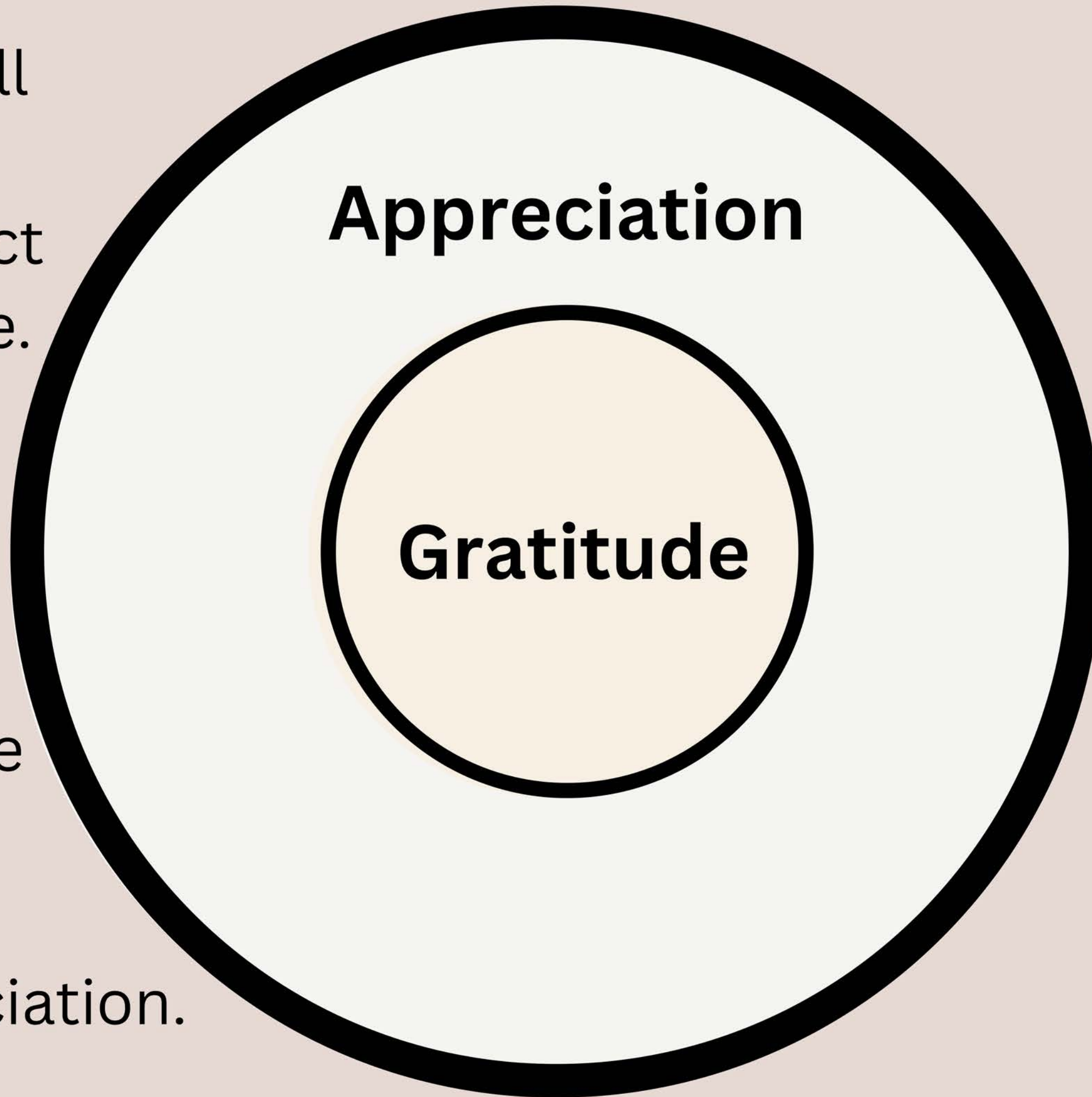


The small  
circle  
will reflect  
gratitude.

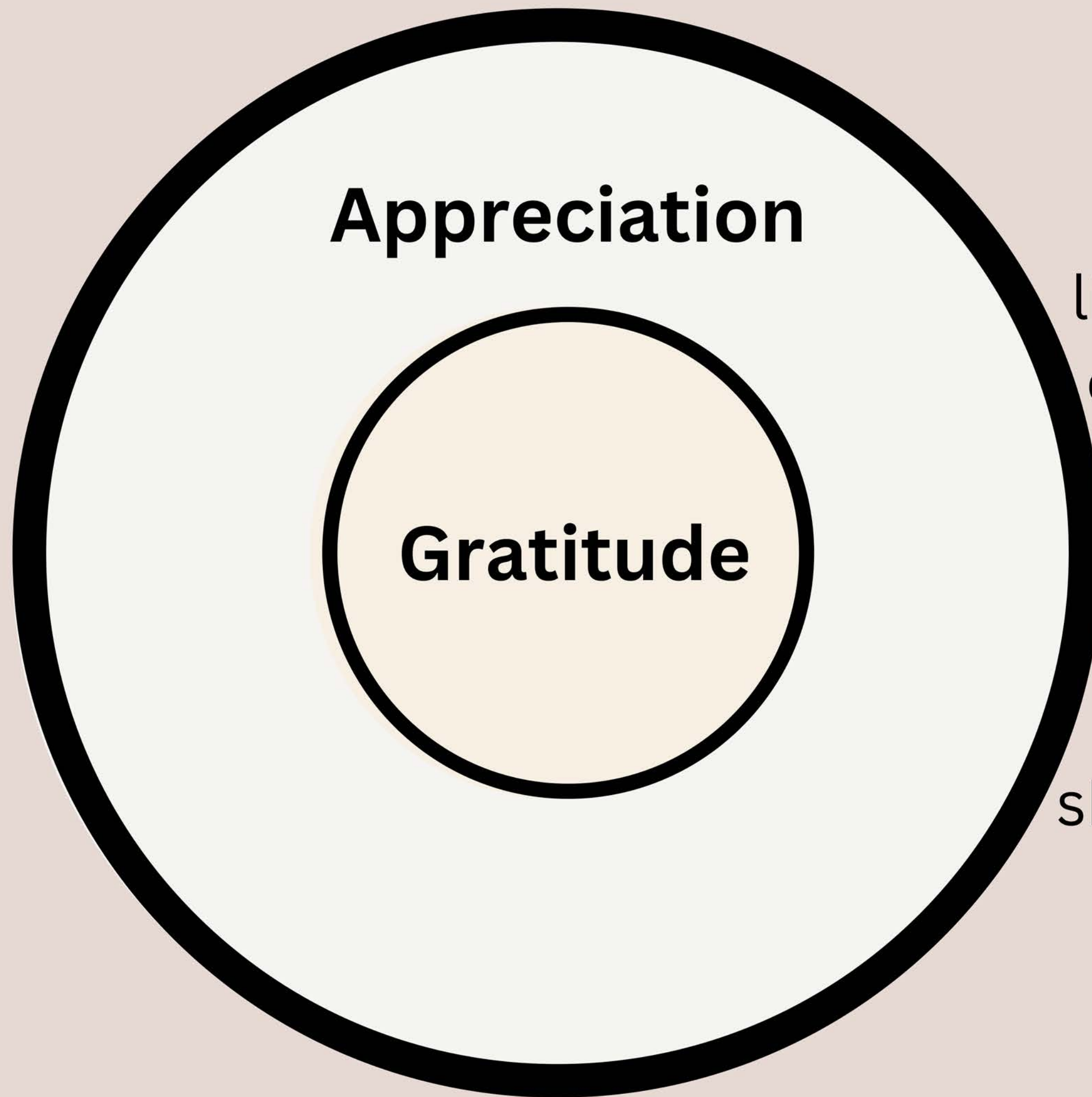
**Appreciation**

**Gratitude**

The large  
circle  
will  
reflect appreciation.



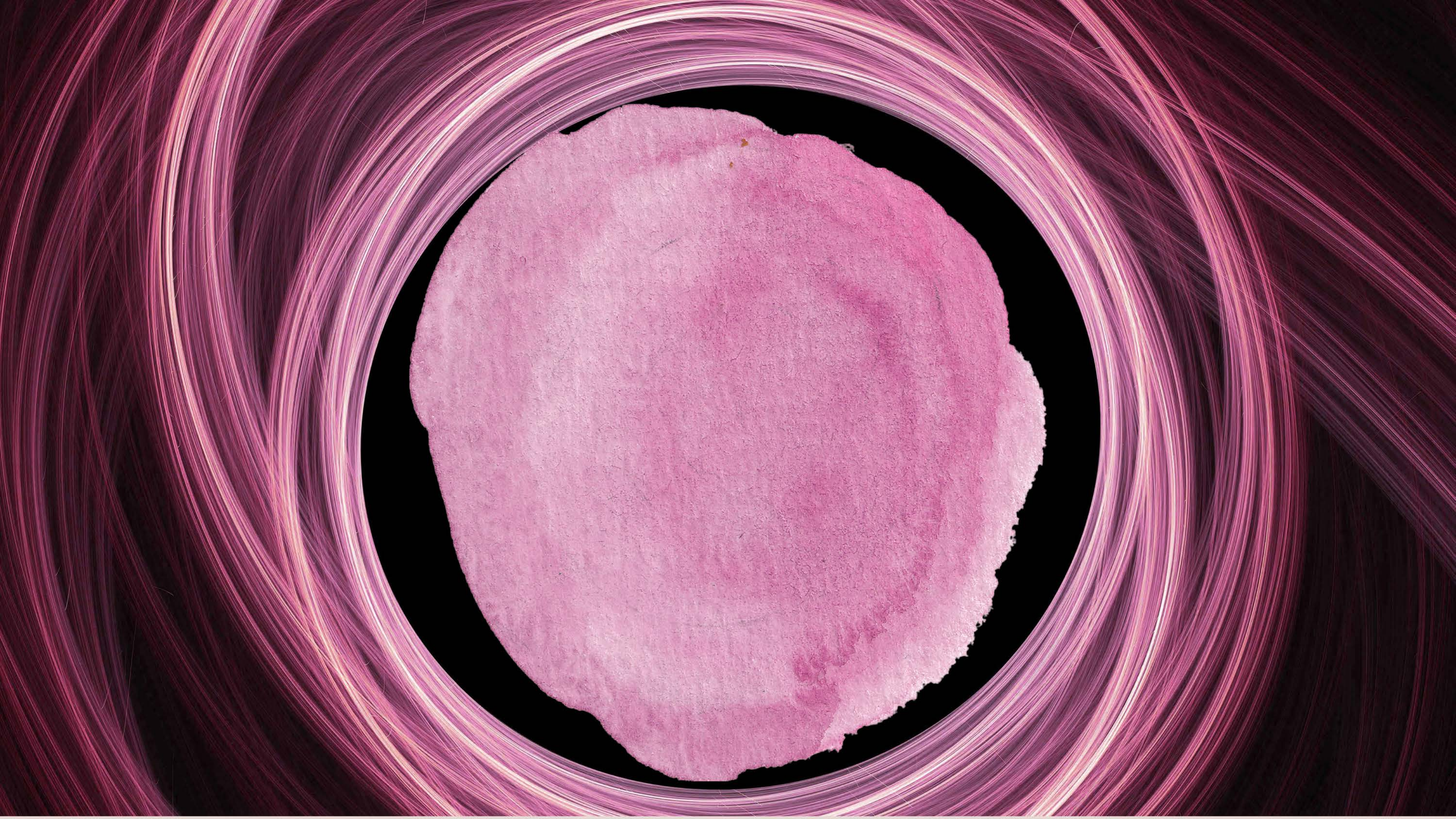




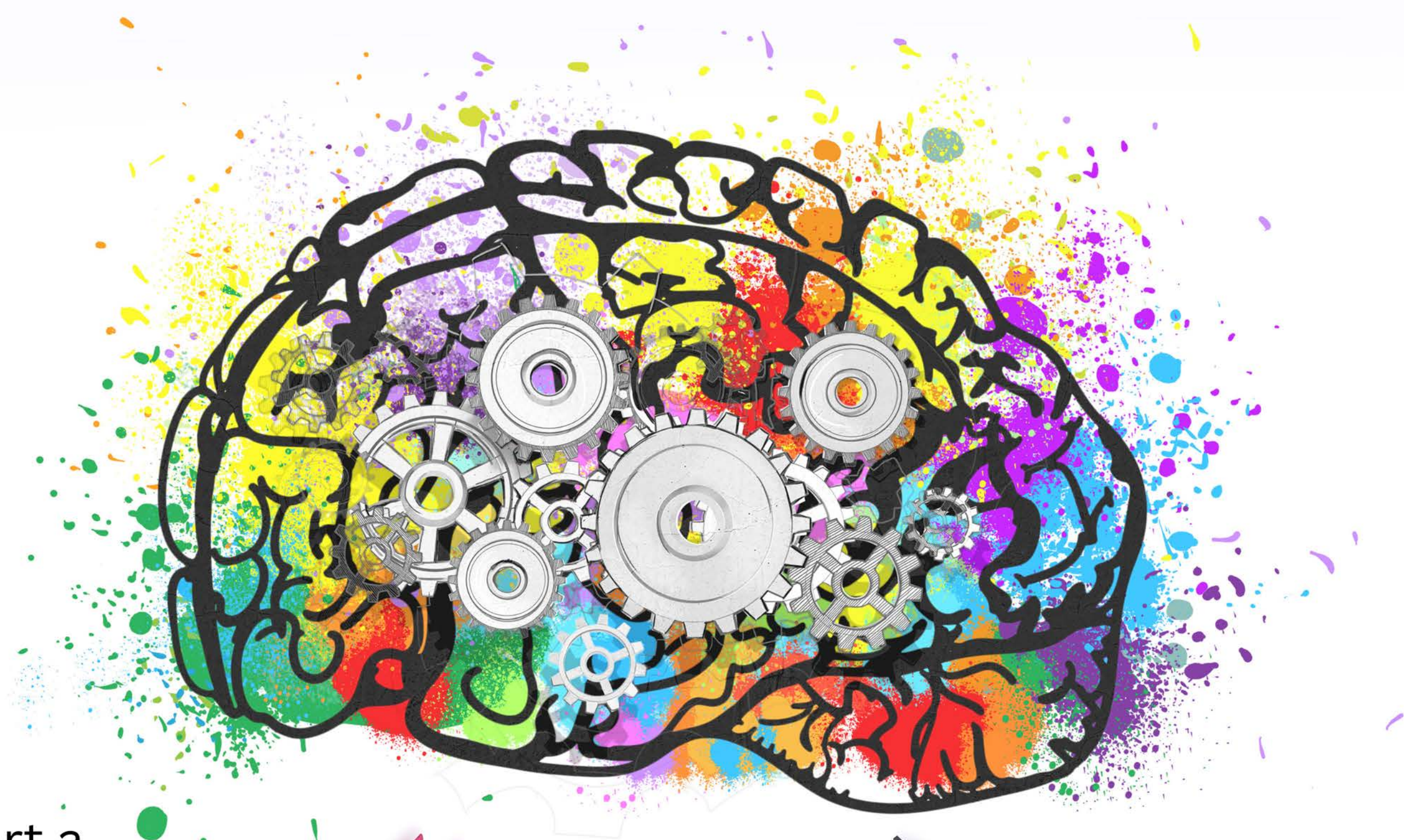
Start with gratitude. Use lines, shapes and colors to reflect the feeling of gratitude.

Next, use, lines, shapes and colors to reflect the feeling of appreciation.









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



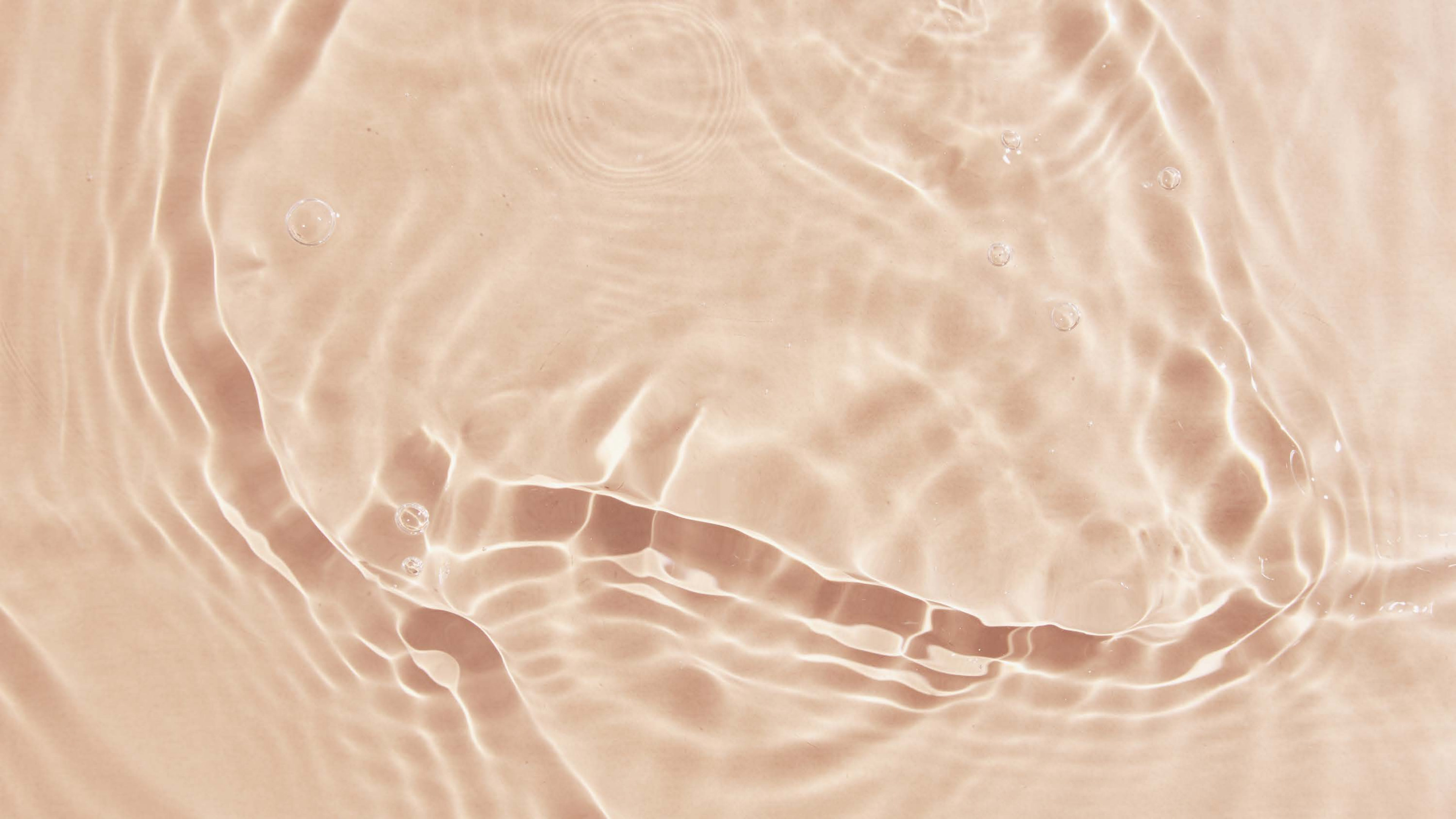




How do YOU tell the difference  
between gratitude and appreciation?

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







# Affirmations





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

- is curious about my discomfort.
- takes time to know herself.







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

**Mindset of  
Gratitude**

2

**Gratitude  
Inventory**

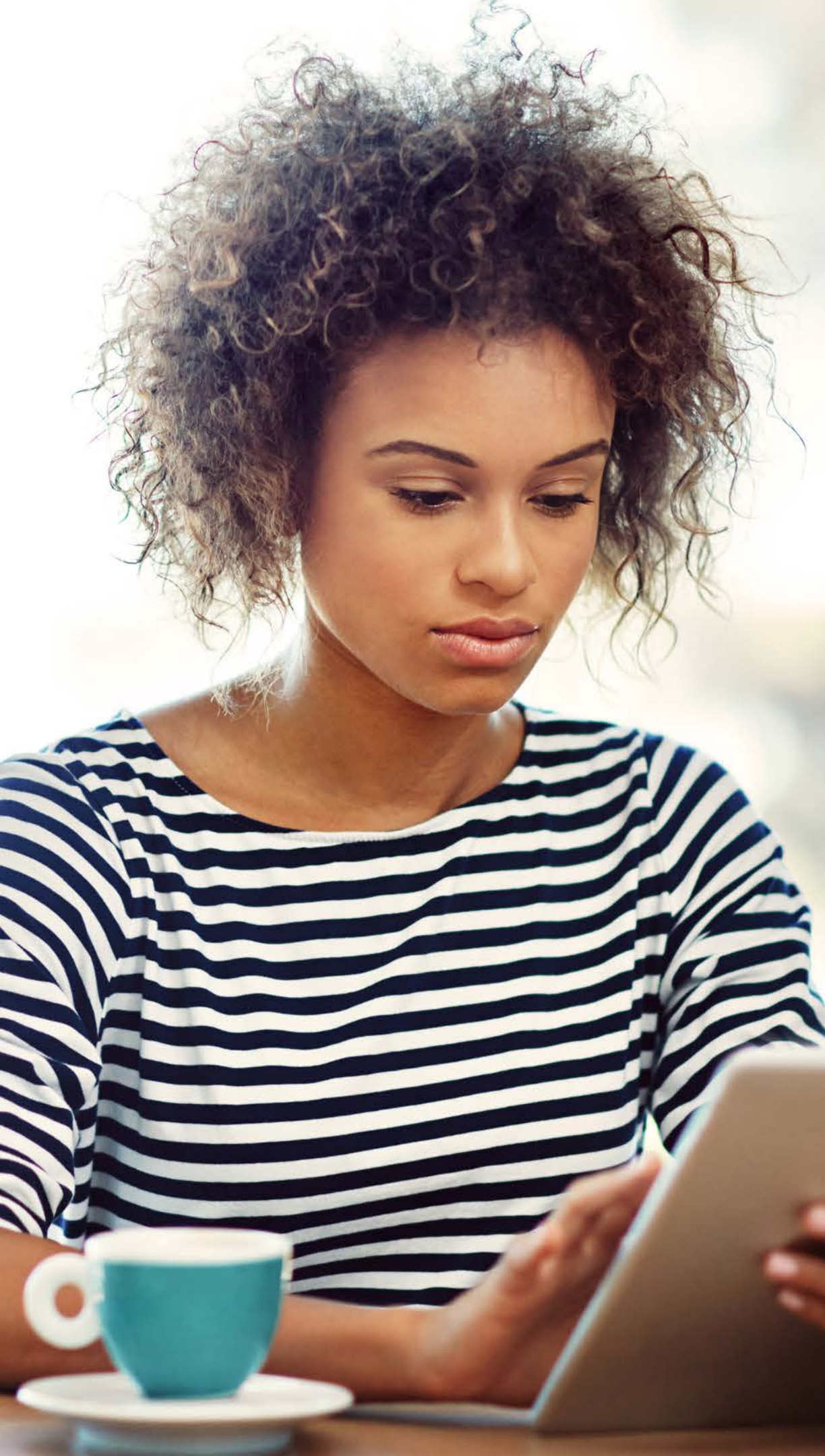
3

**Self Gratitude  
Check-list  
& Mind Map**

4

**Written  
Reflection**





# Mindset of Gratitude

- Journaling prompts to explore your projections.
- What you admire in others and what you admire in yourself.
- Fill this in based on what we learned today.





# Gratitude Inventory

- On a different day...answer the Gratitude Inventory (These are the projection questions again.)
- Follow directly to the Self Gratitude Check list.
- If you struggle with self appreciation in these pages, print out extra copies of the check list and complete 1x a day for a week.





# Mind Map

- 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.





# Written Response

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





**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**

**VIP Creativity day or  
weekend**

**Podcast**

**Paris Trip**







What will you remember about  
today's class?

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





Thank  
you!