



appreciating  
yourself

week 3

# 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

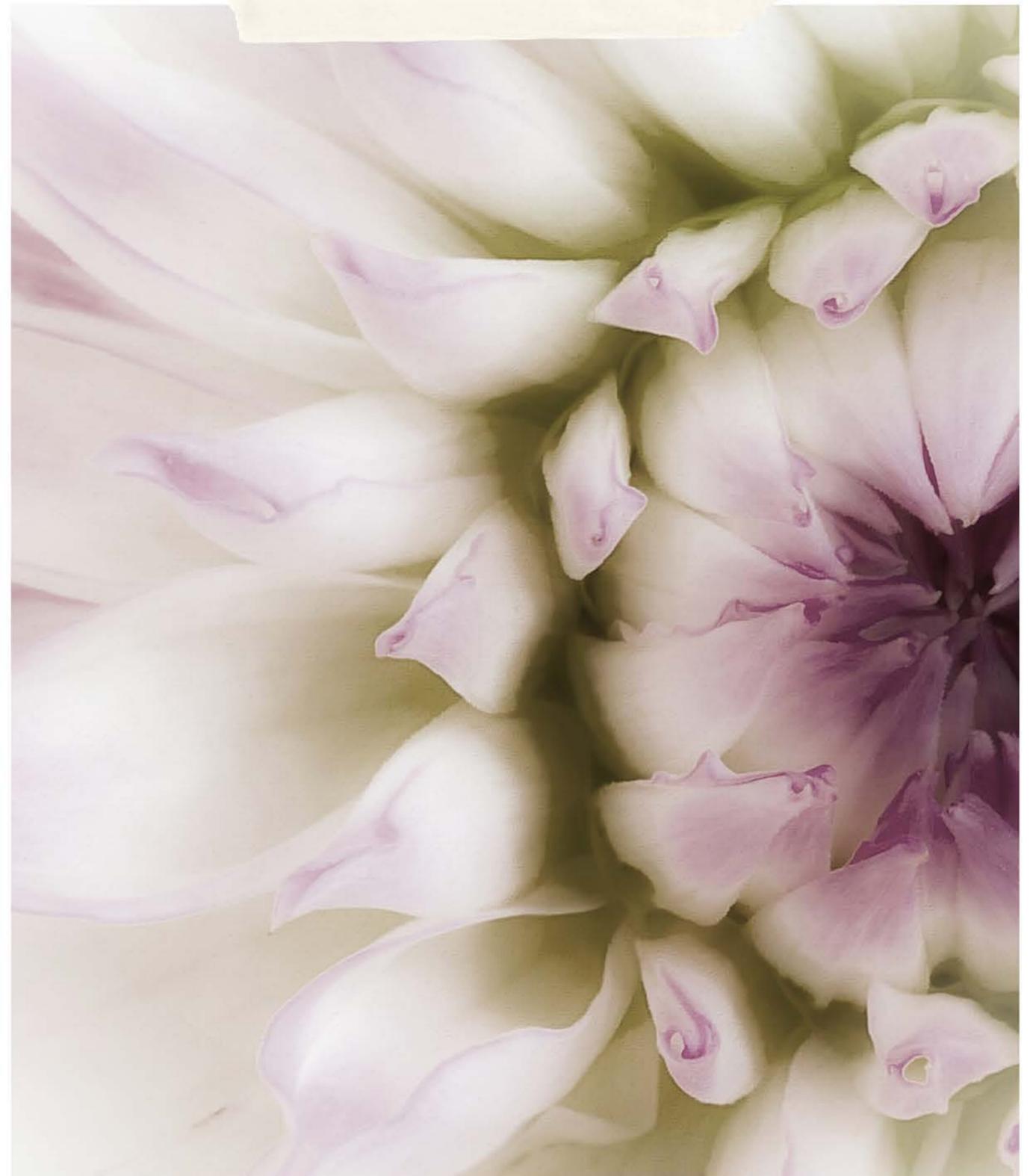
0 = completely checked out, not present

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



to appreciate others'  
goodness while ignoring our  
own creates a false division  
between us and them.

—kristin neff

# Modern Creative Woman Timeline

**MINDSET**  
RELATIONSHIP  
TO YOUR  
THOUGHTS

WEEK  
**01**

**PRESENCE**  
PRESENT  
MOMENT  
AWARENESS

WEEK  
**02**

**PURPOSE**  
YOUR  
UNIQUE  
VALUES

WEEK  
**03**

you are a wonderful  
manifestation.

the whole universe has come  
together to make your  
existence possible.

- thich nhat hahn

# Purpose with Appreciation



# Self Appreciation

- Celebrating our achievements is no more self-centered than having compassion for our failings.
- Compassion for our shortcomings and our past gets us to a “neutral” space.
- As Modern Creative Women, we want to be self-actualized and live our purpose.



# Looking outside...

- We can't claim full responsibility for our gifts and talents.
- Consider your ancestral gene pool, parents/caregivers, the generosity of friends, the guidance of teachers, wisdom of our collective culture.
- Appreciation for our good qualities is really an expression of gratitude for all who have shaped us as individuals.

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# Self Appreciation

Self-appreciation humbly honors those who have helped us become the person we are today.

Kristin Neff

The Modern Creative Woman





Have you ever thought of self  
appreciation as a form of  
gratitude to others?

# Appreciation & Mindfulness

- We must notice others' good qualities in order to appreciate them.
- We need to consciously notice and acknowledge our own positive features.
- However, we're often so focused on our mistakes and flaws that we don't even see when we get things right.



# Finding Balance

For example...

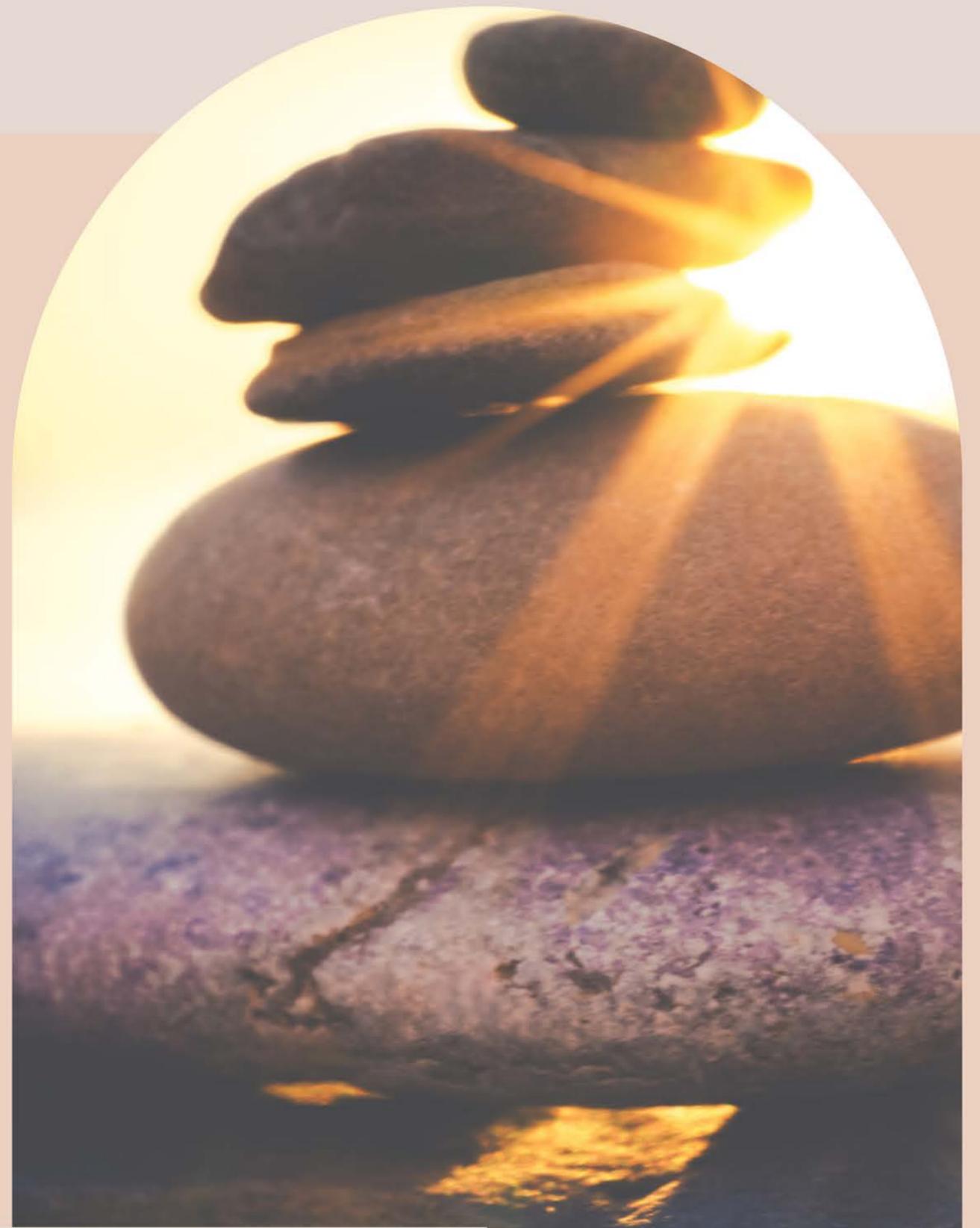
- What do you notice most during a school or work evaluation? Five points of praise or the one point of criticism?
- Worried if you might focus too much on our good qualities, you might forget about the negatives?
- Unlikely!

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# Seeing the Context

- Truth is we all have positive and negative traits.
- Focusing on an exaggerated story about either means we lost contact with the present moment.
- Goal to accept ourselves as we authentically are.
- Acceptance leads to a balanced perspective so that we can see ourselves without distortion.
- No better and no worse.



# A belief about our abilities

- We get to choose how we feel about ourselves.
- We narrate our stories (influenced by our families, developmental traumas, culture, past experiences).
- We have choice in these stories.
- We can focus on the context of our lives instead of just thoughts or negative self judgements.

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FROM GRATITUDE TO APPRECIATION

# 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

/əˌprɛʃHēˈāʃHən/

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



- **Finding Gratitude**
- **Taking Perspective**
- **Making contact with your  
“Self as Context.”**



# Gratitude

Write down 10-13  
gratitudes you have for  
yourself.

(If you get stuck, think about it from the  
perspective of your best friend.)



# Gratitude

Pick one you are curious about, feel uncomfortable acknowledging, or one that gives you a feelings of surprise.

Write it in the chat.

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# Time to Take Perspective

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# Write

- Now you go deep!
- How does this quality enrich your life?
- What value does it bring to you?
- How does this quality benefit others?





INTEGRATING APPRECIATION & PURPOSE



## GRATITUDE

- Thankful for what is.
- Seeing goodness.
- Kindness returned.
- Receiving from the outside.



## APPRECIATION

- Reflection.
- Noticing the benefits of goodness.
- Loving how you & others benefit from good.



## PURPOSE

- Using appreciation to inspire action.
- Uncovering, enhancing and sharing strengths.
- Removing lack of gratitude.

# Self Gratitude & Appreciation





What does it feel like when you make contact  
with appreciation?

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

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

—deepak chopra

# Appreciation Art





# Mandala Art Response















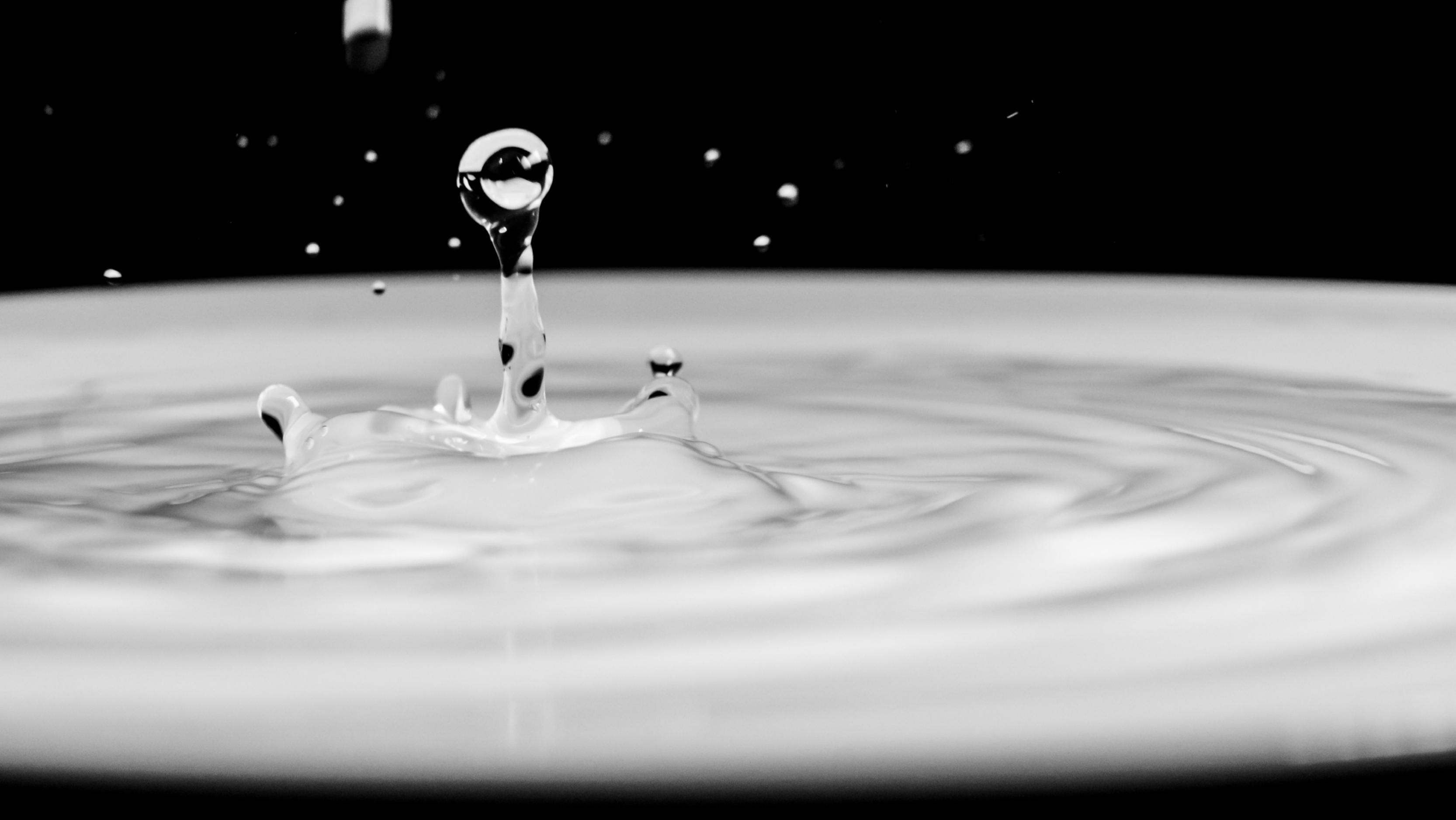












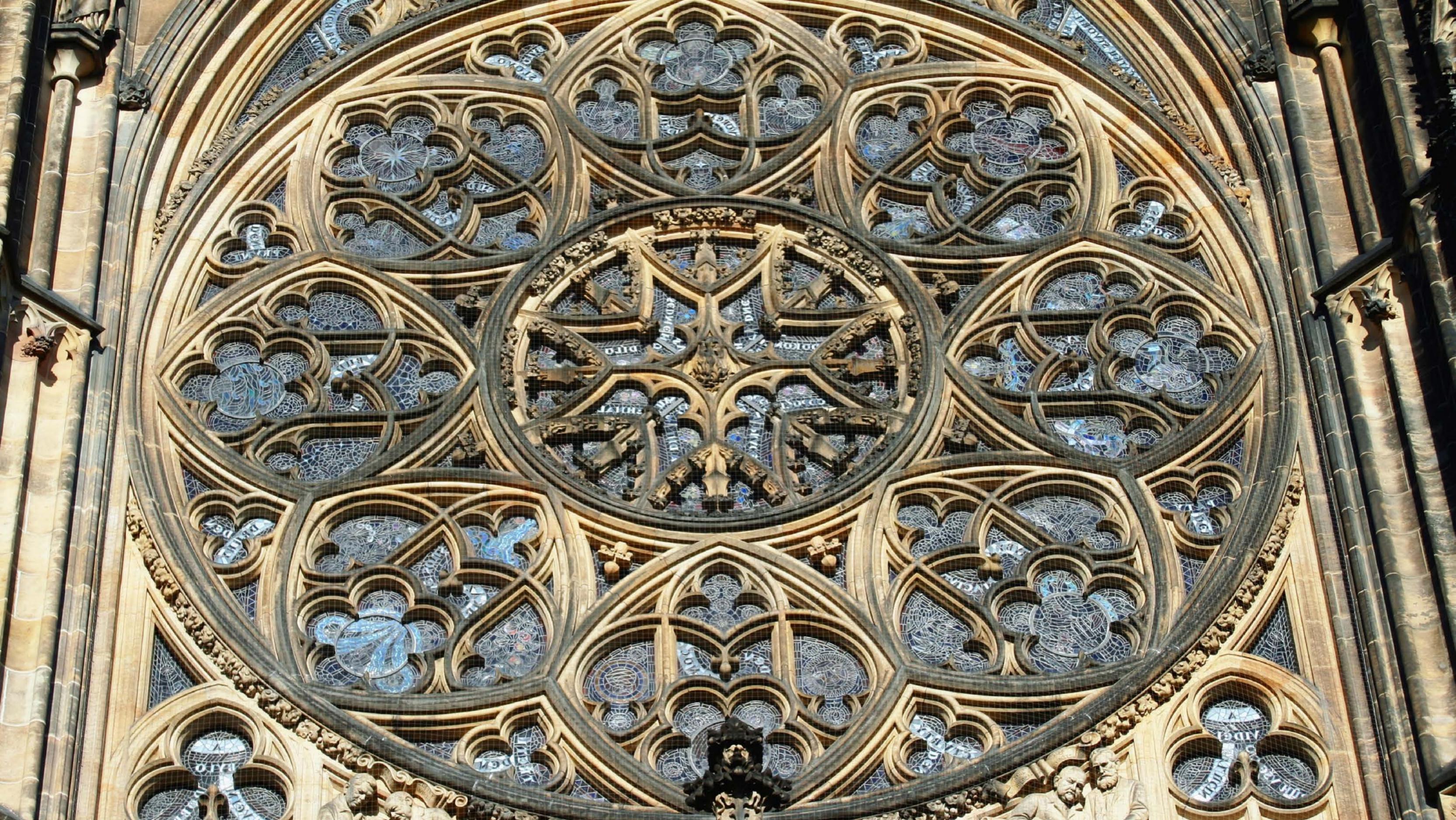






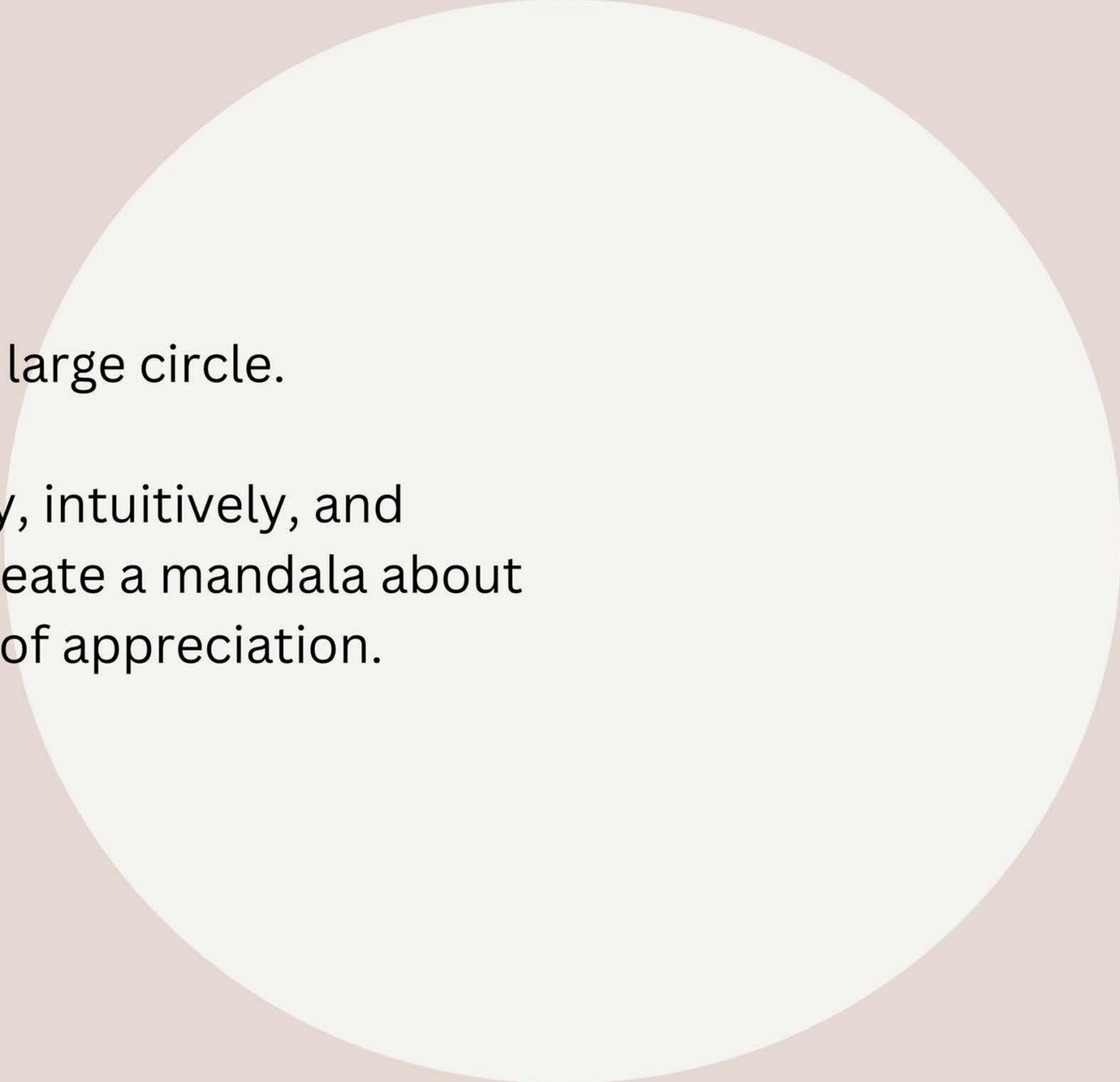






Draw a large circle.





Draw a large circle.

Work quickly, intuitively, and  
expansively to create a mandala about  
the feeling of appreciation.



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





How will you take appreciation into  
your day?

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



# Affirmation



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

- takes time to appreciate.



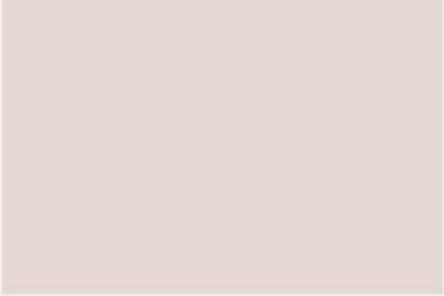


Finish the sentence in the chat:

"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

**Appreciating  
your Modern  
Creative Why**

2

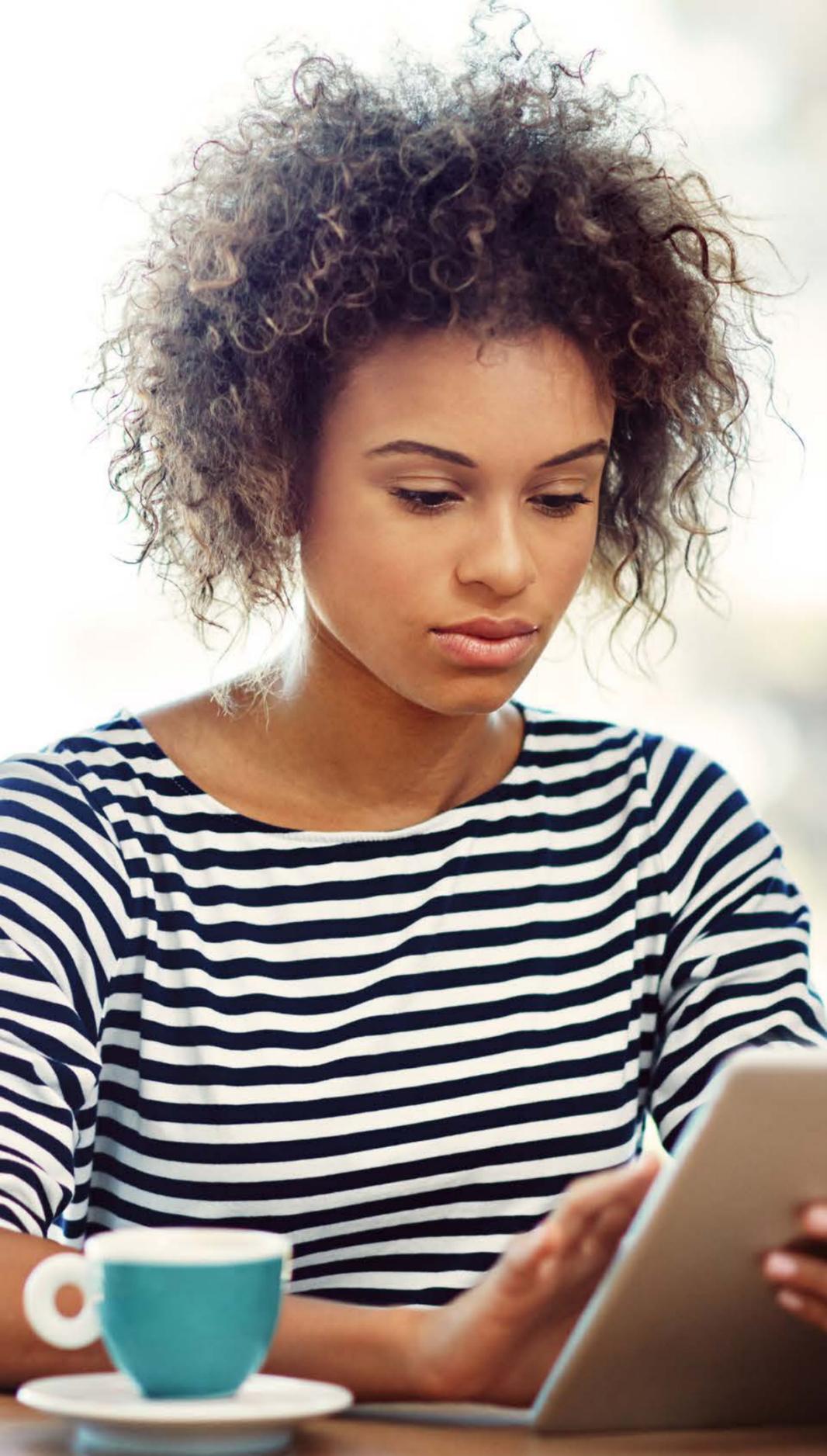
**Sharing  
Appreciation**

3

**Bingo!**

4

**Written  
Reflection**



# 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.
- How are you uniquely suited to live your Modern Creative Why?
- Mandala.



# Sharing Appreciation

- Time to share your appreciation with others.
- Create a mind map of what you want to share (eg. smile, a compliment, a kind word, etc.).
- Name 9 people you want to appreciate.
- Figure out a way to show appreciation in the next two days. Notice how you feel.



# Bingo!

- Fill in your Bingo board with activities 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!



# Written Response

- What was it like to appreciate yourself this month?
- What are the surprising benefits?
- 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?



**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?

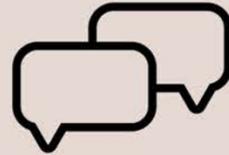
Put both numbers in the chat.

# 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!