



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

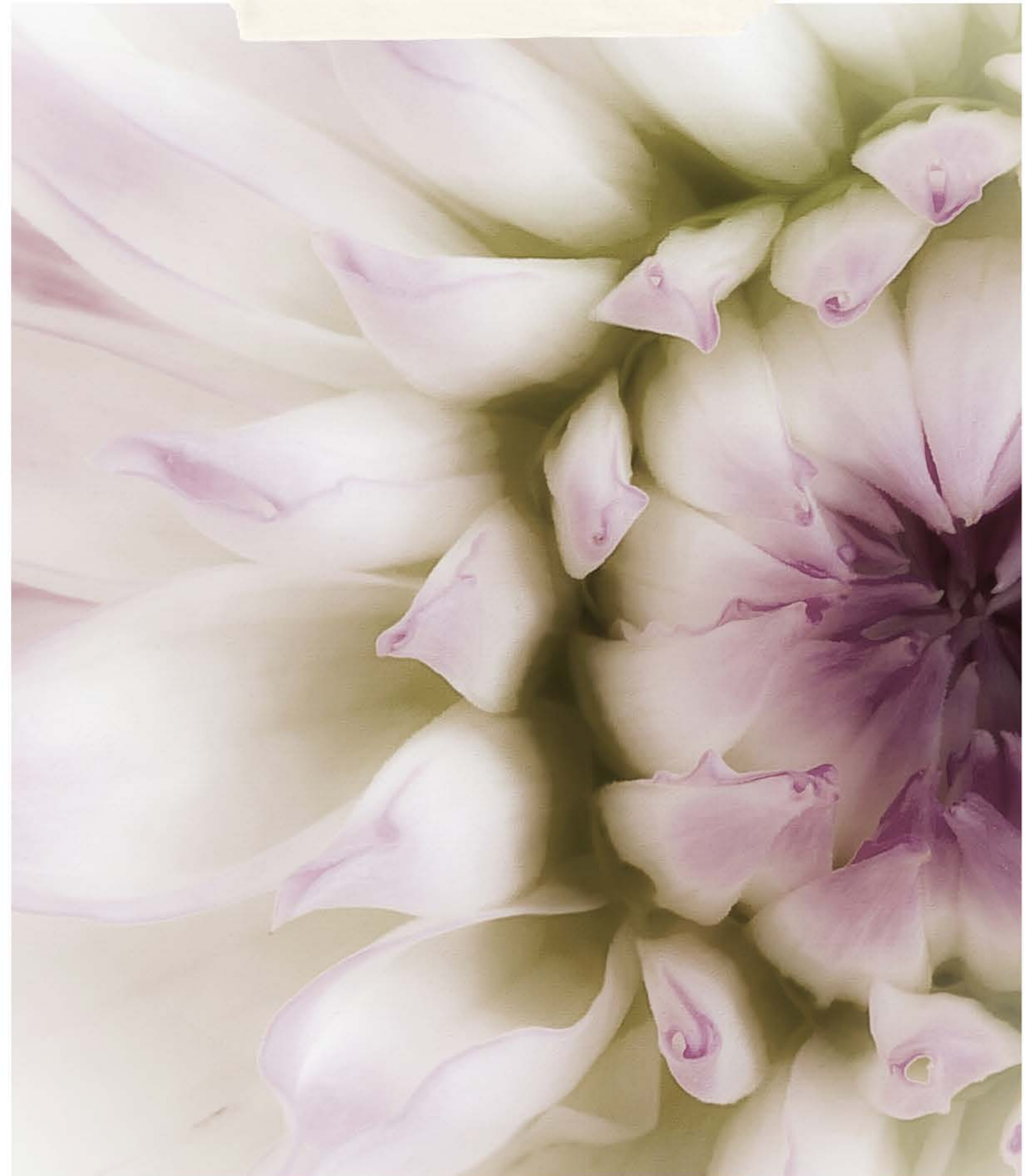
0 = completely checked out, not present

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

WEEK
03

PURPOSE
YOUR
UNIQUE
VALUES

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.



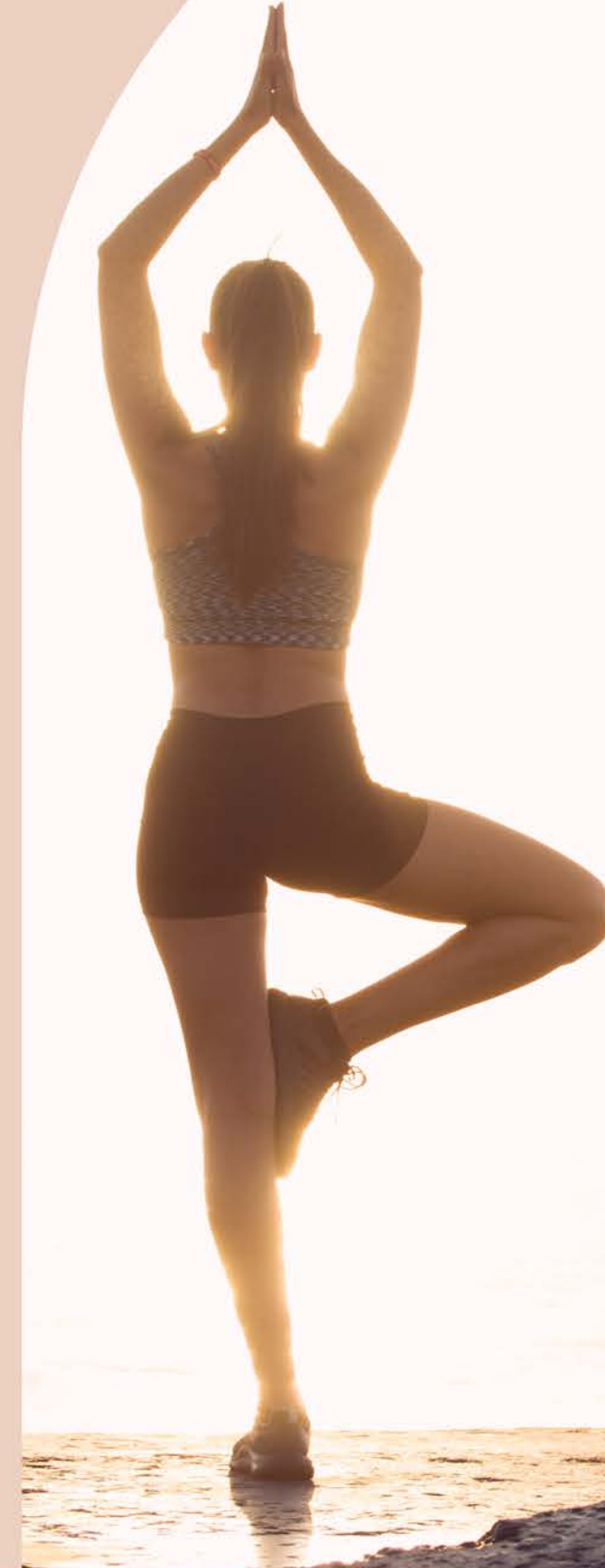
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Finding Balance

For example...

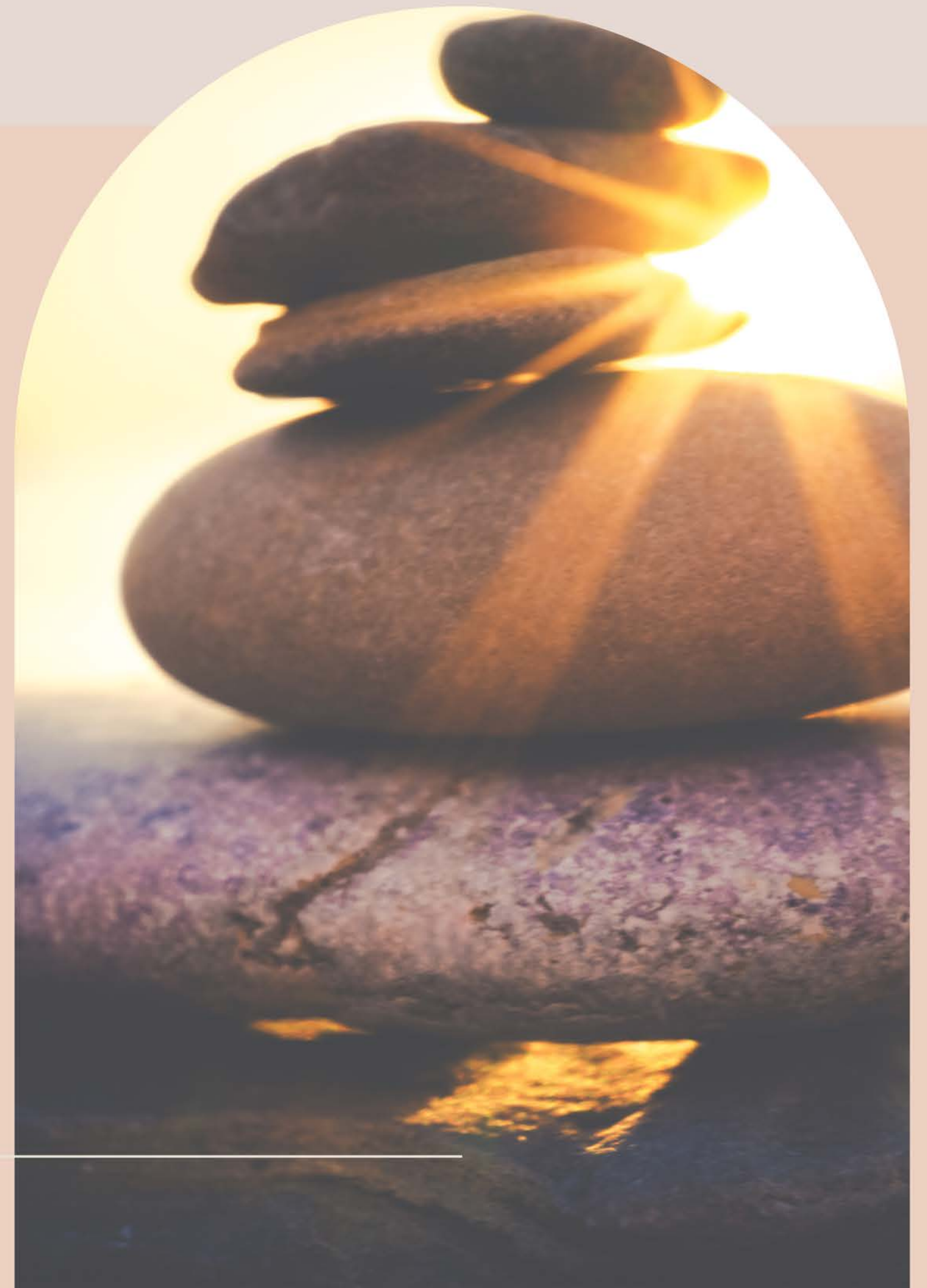
- What do you notice most during a school or work evaluation? Five points of praise or the one point of criticism?
- Worried if you might focus too much on our good qualities, you might forget about the negatives?
- Unlikely!

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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 ourself.
- 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

/əˌprēSHē'āSHən/

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



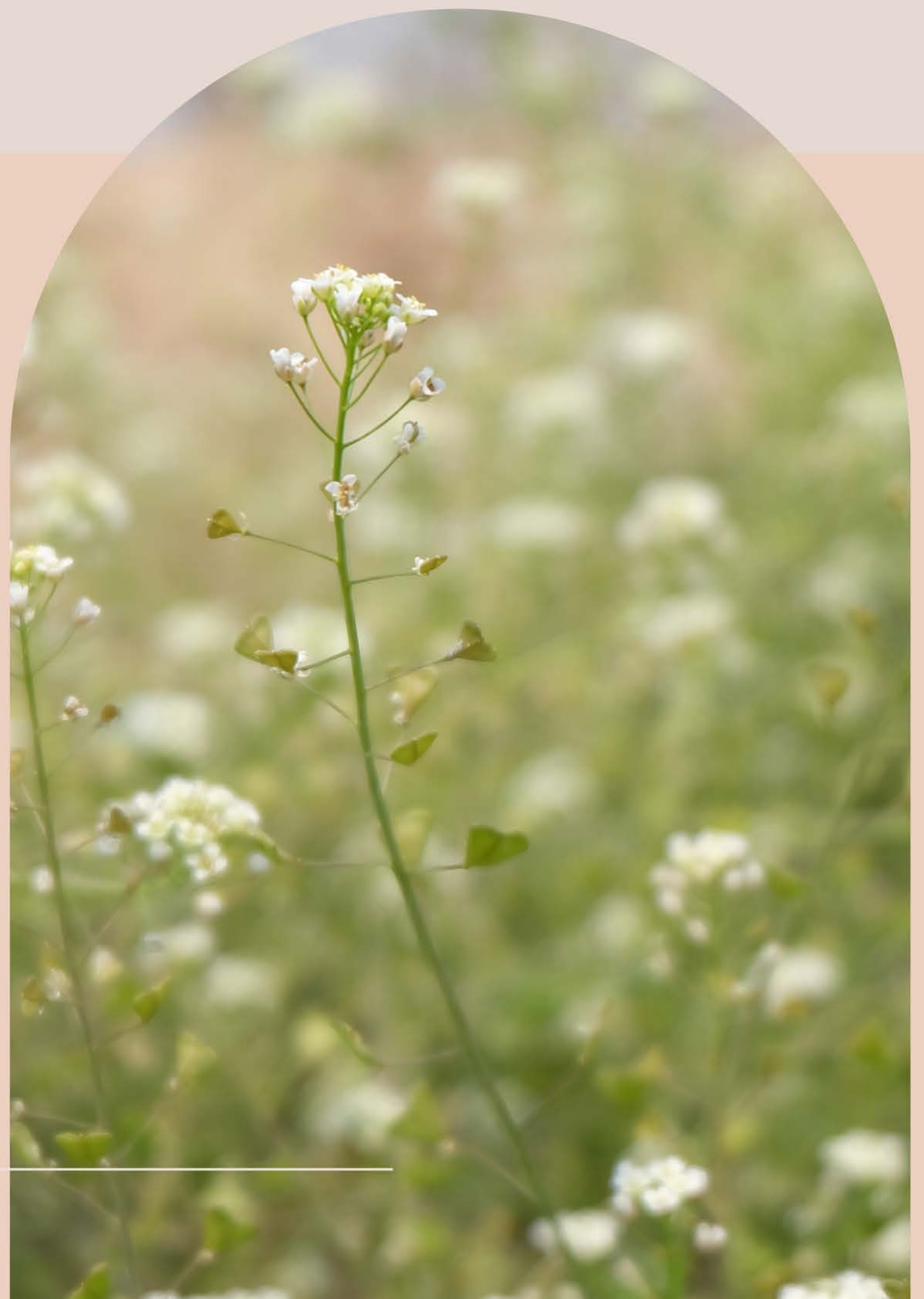
- **Finding Gratitude**
- **Taking Perspective**
- **Making contact with your
“Self as Context.”**



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.

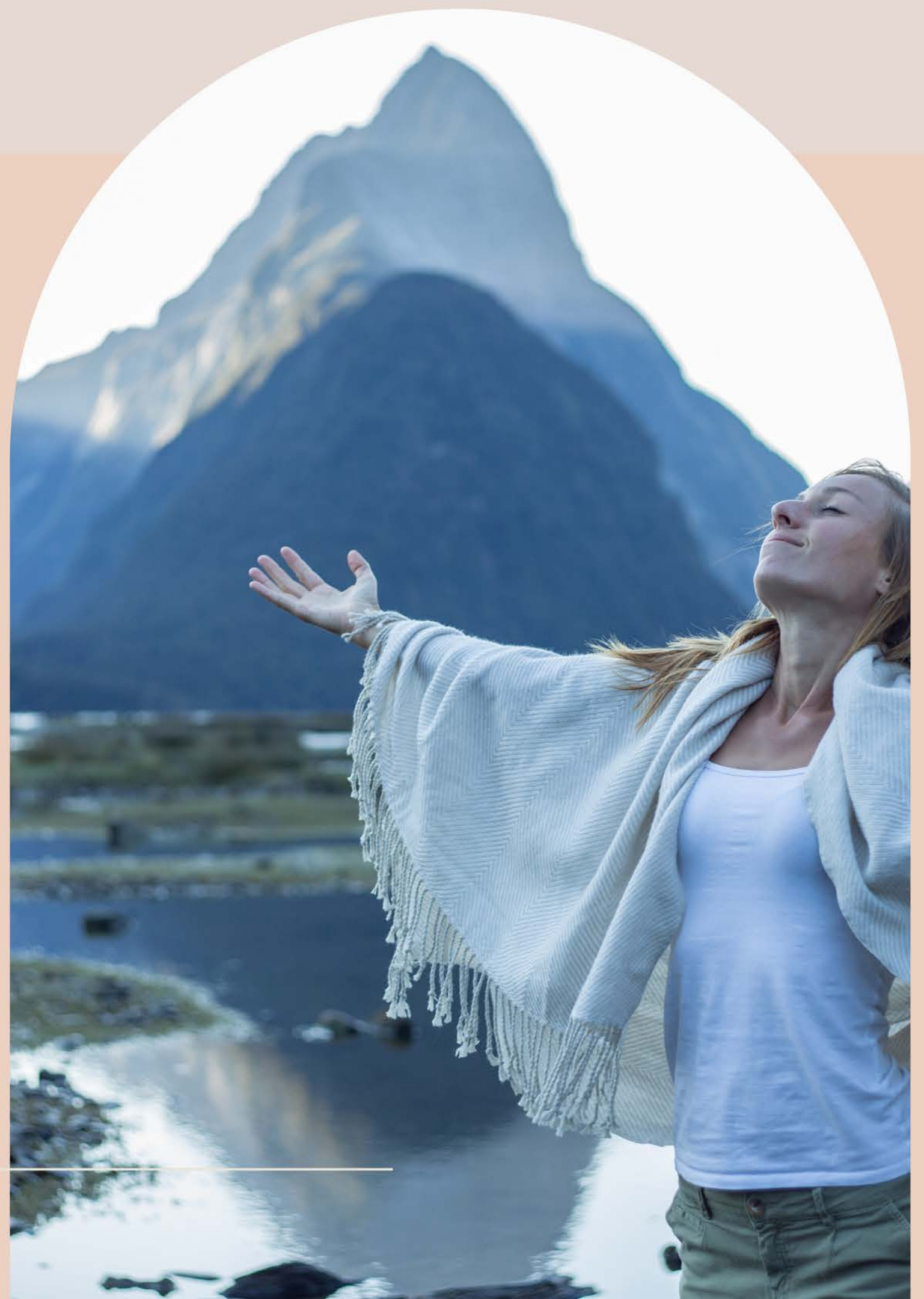
Write it in the chat.

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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?

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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















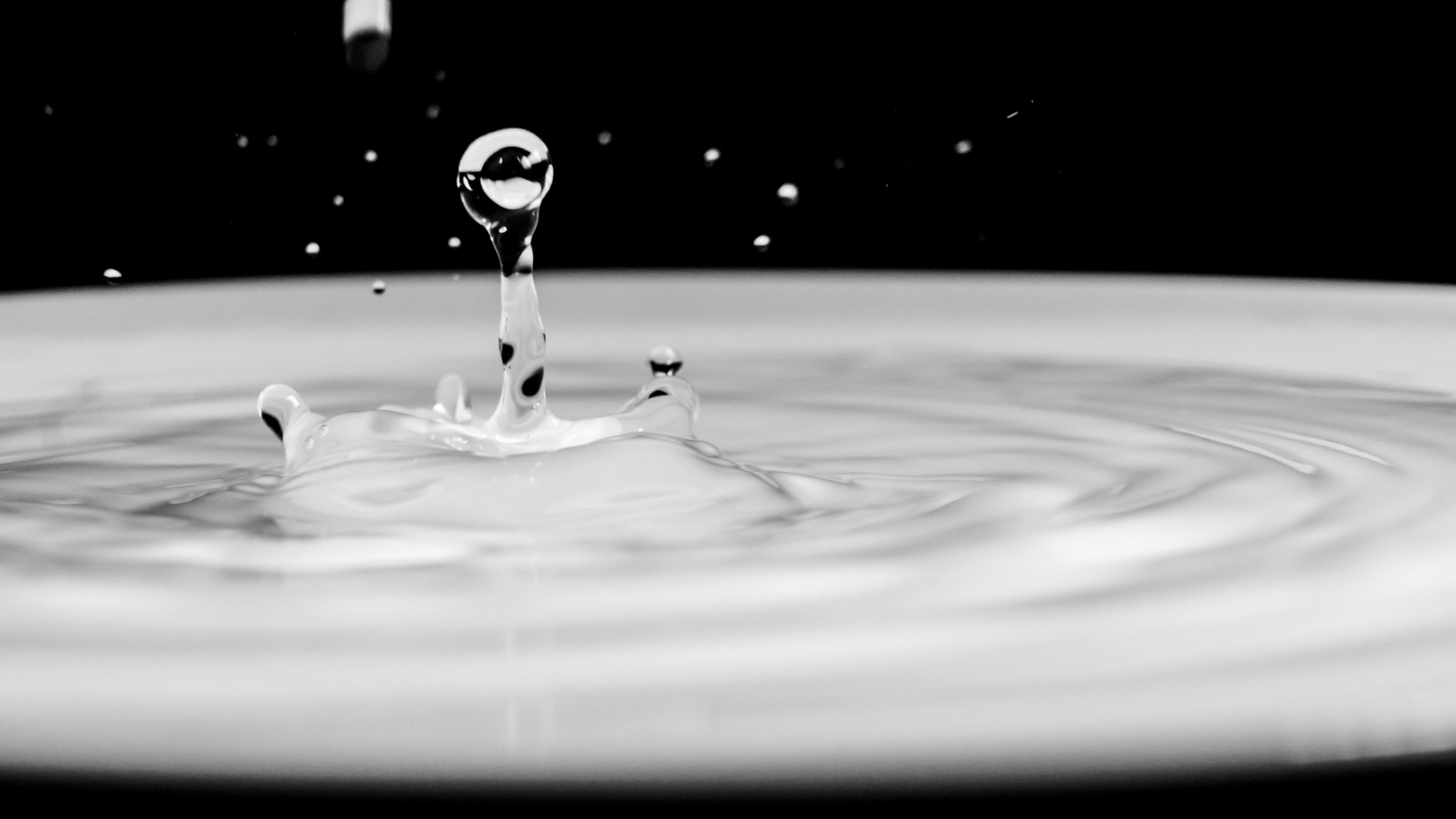












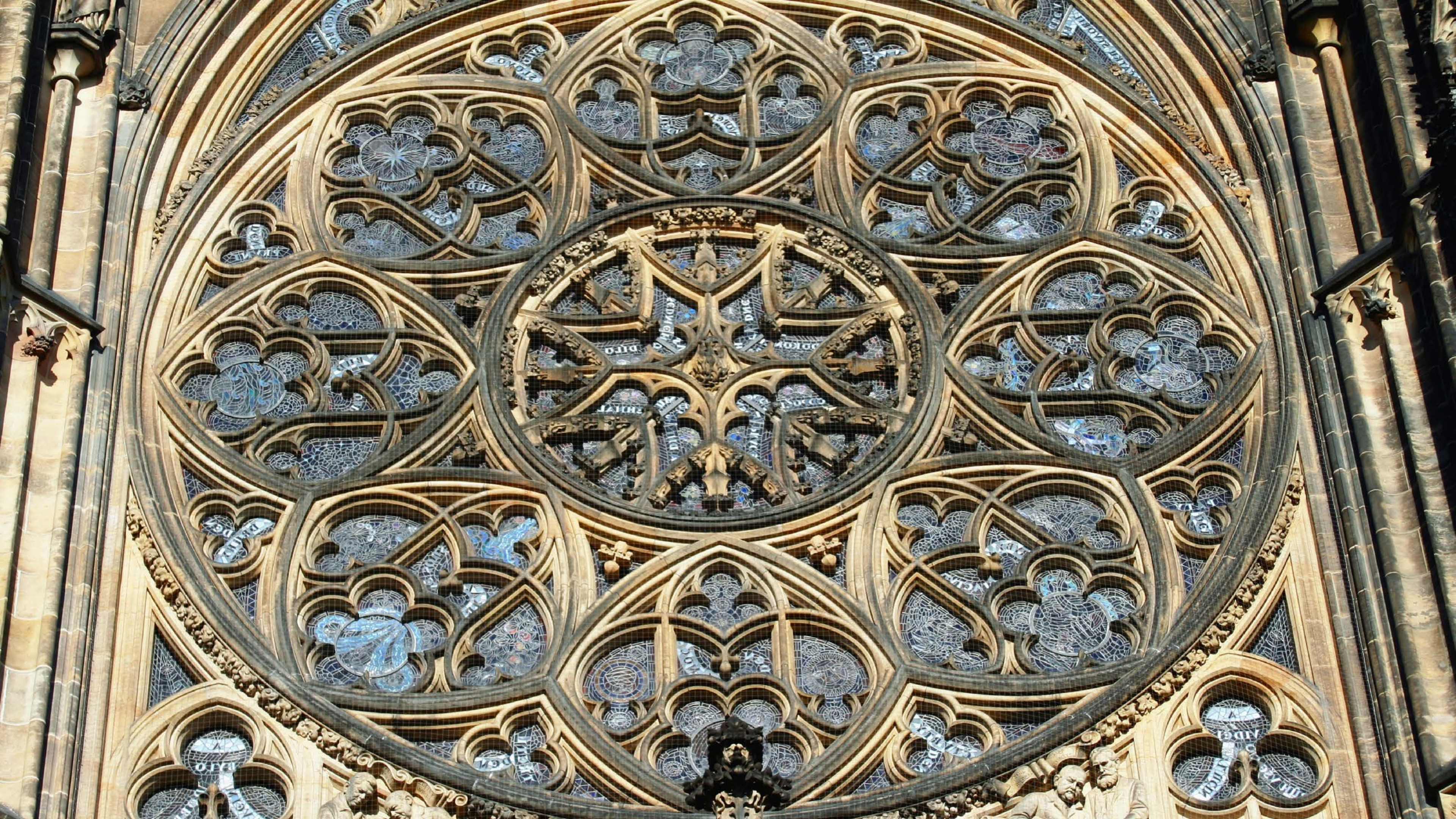




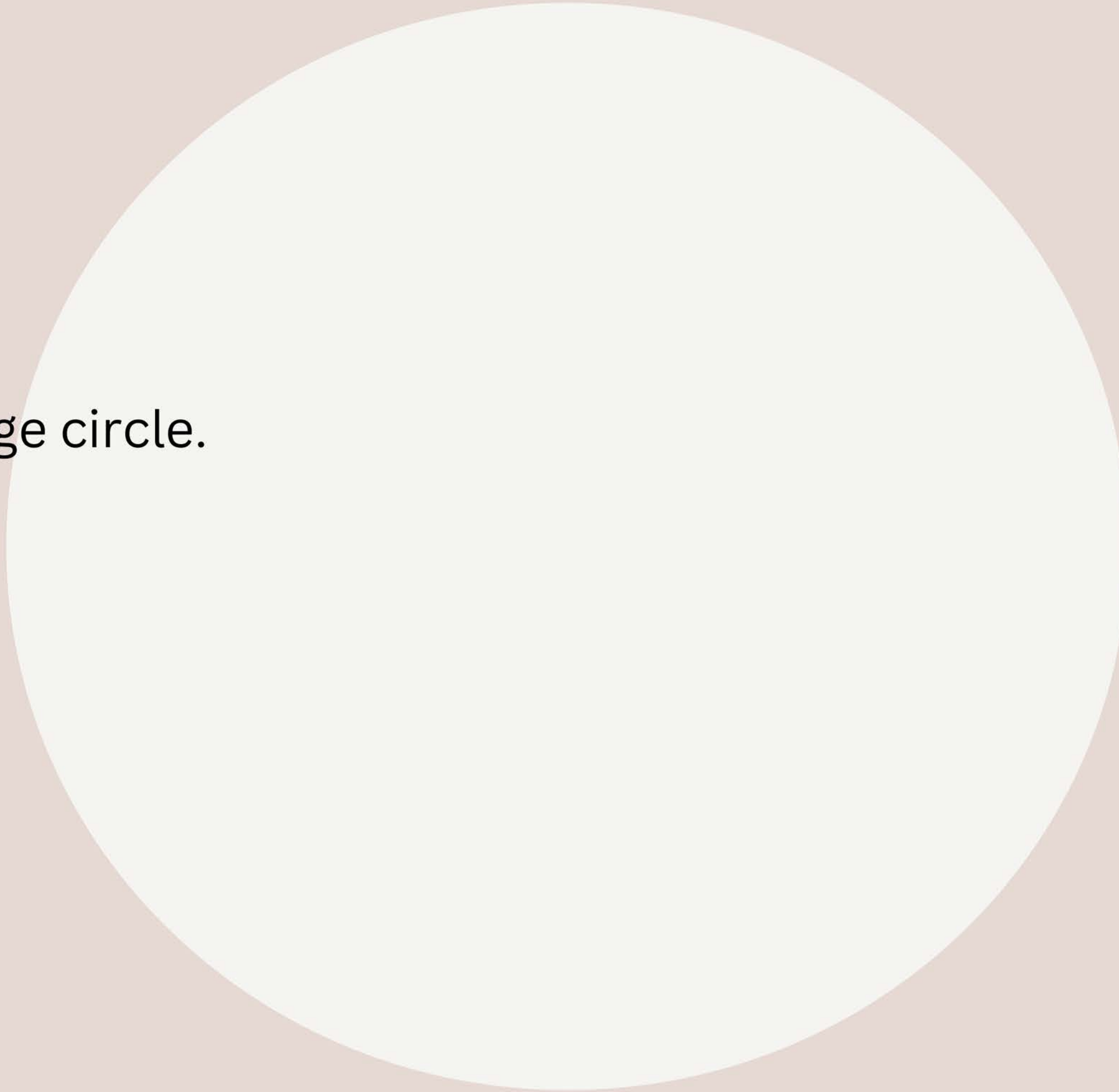








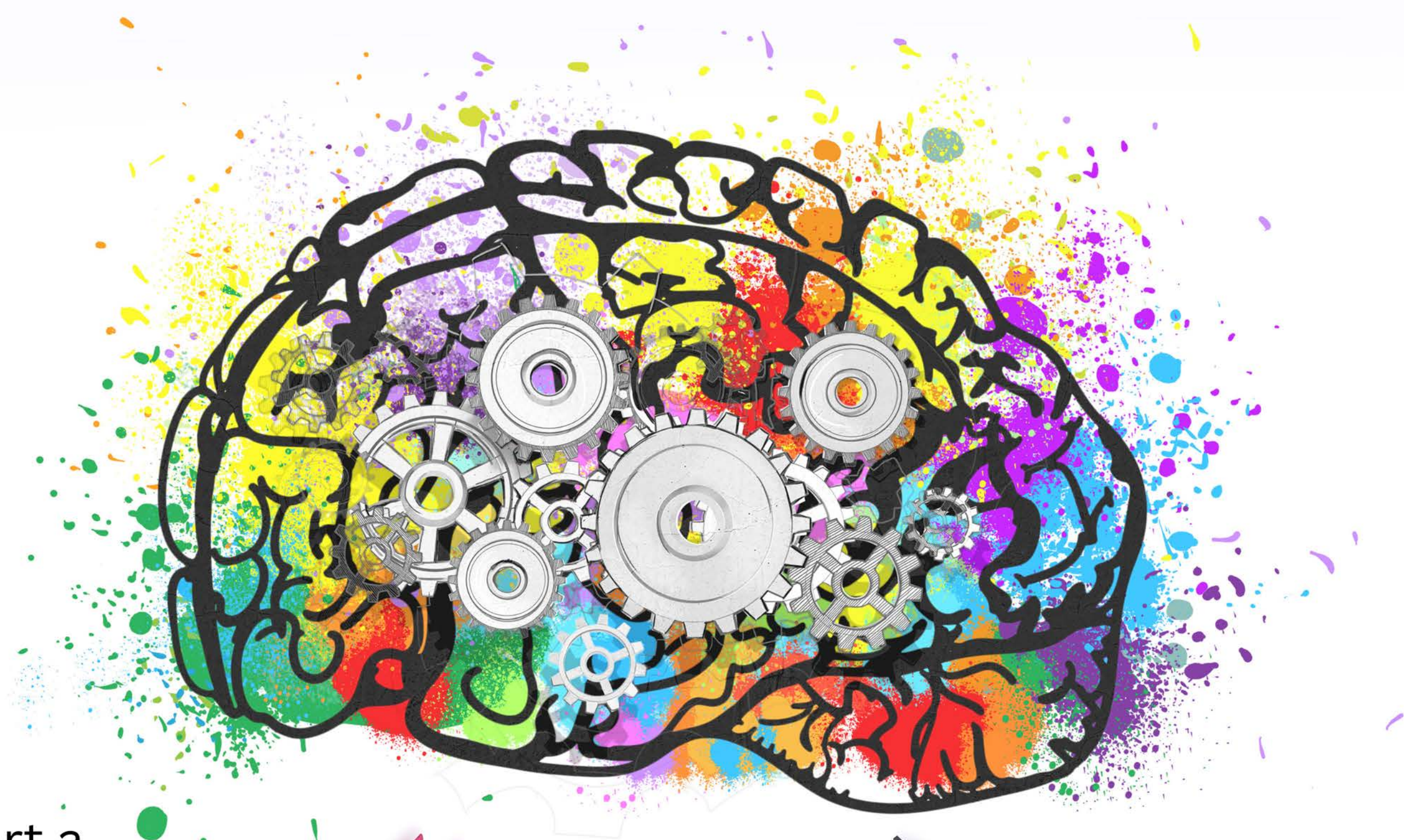
Draw a large circle.



A large white circle is centered on a light pink background. The circle is empty and serves as a template for drawing a mandala.

Draw a large circle.

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



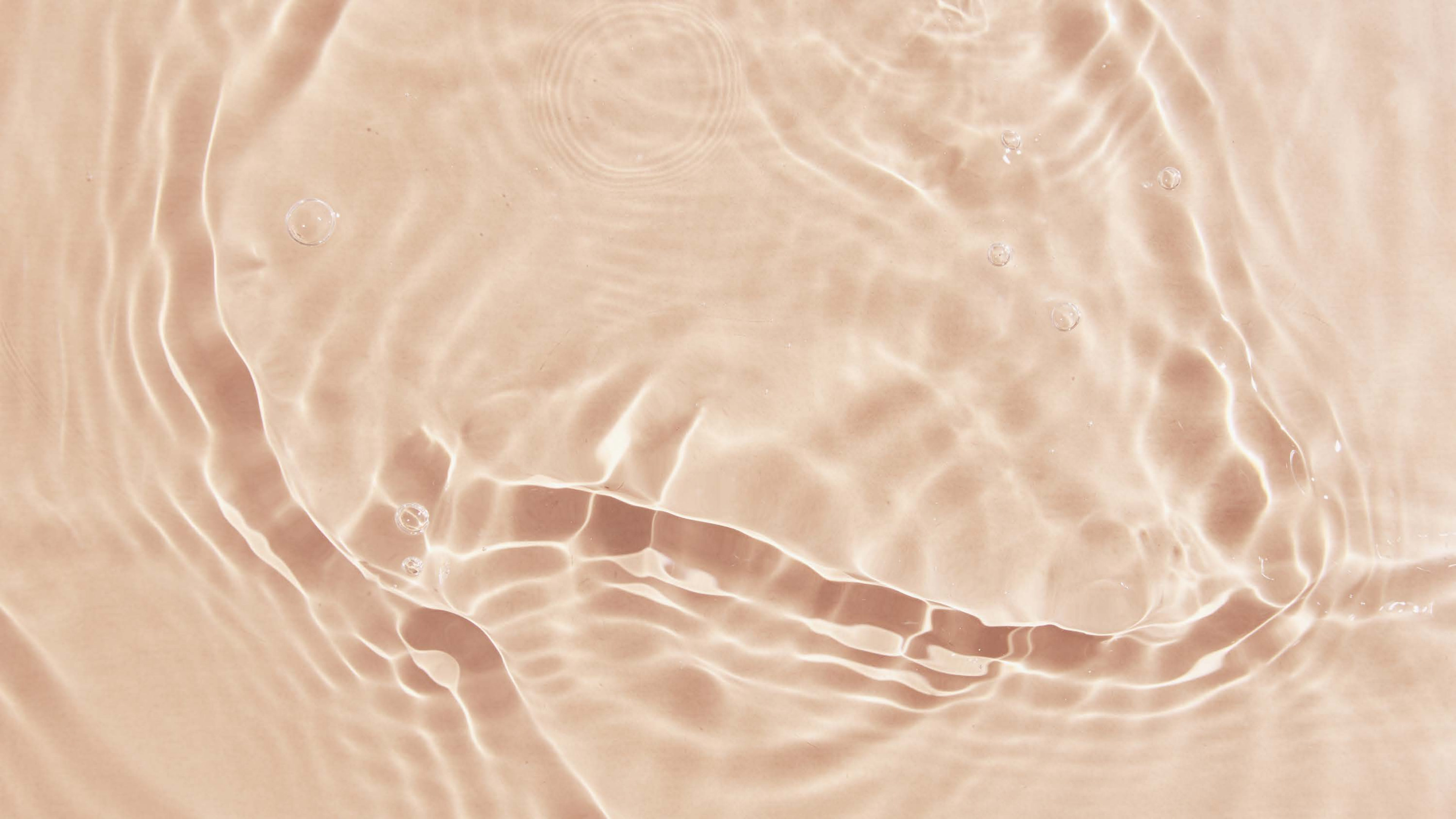
Give your art a
title and write
three words to
describe it.





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

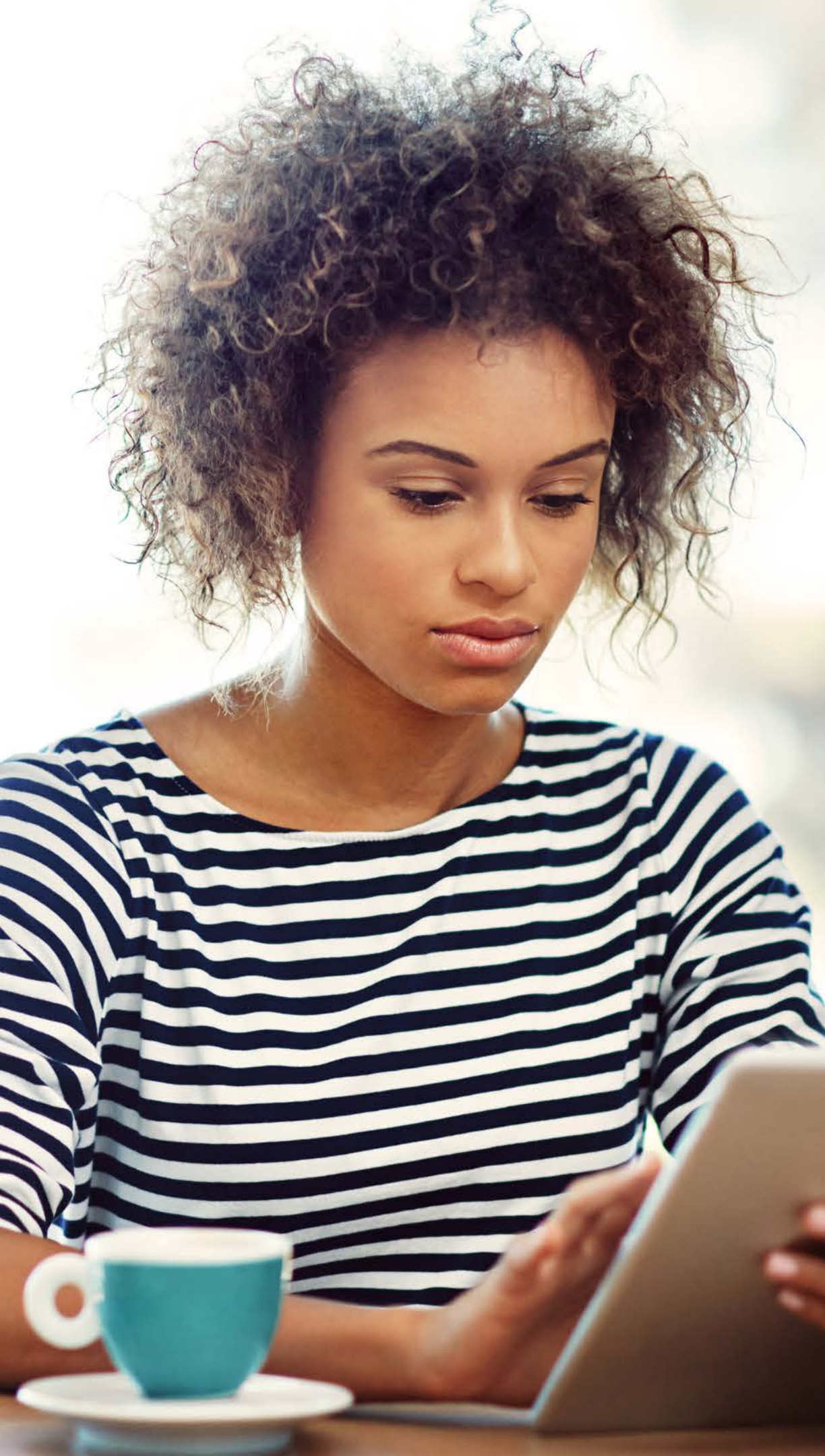
**Sharing
Appreciation**

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.**

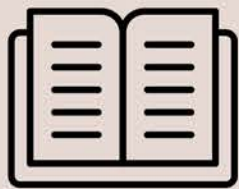


On a scale of 0 -10, how present are you
right now?

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!