

Pit stop 3: The Power in Self-Appreciation

Purpose 1:

To help you see that there is great value in treating yourself with compassion and respect, because *you* are of great value.

Purpose 2:

To help you identify specific ways to nurture and develop yourself.

Purpose 3:

To help you define what self-confidence looks like for you personally and how you might have more of it.



The Power in Self-Appreciation

What IS self-appreciation? Let's take a look...

Self-Appreciation...An understanding and admiration for who I am and what I bring to the world as an individual

What makes it *SO* important that you understand and admire who you are and what you bring to the world as an individual?

You are one of a kind and your existence here is absolutely significant. No exceptions!

How do you know this?

Appreciating yourself helps you to respect your mind, body, and soul. HOW?

What can keep you from appreciating yourself?

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Which of the things you just listed are IN your control?

Which of them are OUT of your control?

Let's identify some ways other people cause us to doubt ourselves?

They tell you that you are not good enough / smart enough / fast enough / talented enough / etc.

"You can't do that. You'll fail. You are not smart enough."

They cause you to question your own abilities or dreams by creating doubt within you.

"Are you sure you want to do that? It sounds really difficult."

They say or do something that makes you feel guilty.

"Oh, I could never do that! I am not smart enough. I wish I was as smart as you are."

Why do people create this doubt within you?

Reasons that are NOT useful...	Reasons that maybe useful...
They don't want you to succeed	They have experience and want to share it with you.
They want to bring you down.	They care about you and don't want to see you get hurt.
They think they know what is best for you, and want to BOSS you.	They think they know what is best for you and try to help.
They are afraid that you will do better than them and create self doubt within THEM.	They are afraid, and want to protect you.

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What can you do when another person causes you to doubt yourself or discount who you are?

You can choose how you react to this person and if he or she will change you. Remember to always check back in with the power in your choice. Will you let others choose for you or will you choose what is best for your SELF? The decision is yours.

There are many ways to learn to appreciate and respect yourself. You can start by using the tools we just discussed to address feelings of self-doubt. Be *aware* that the very things that make you doubt yourself can actually give you *power* to believe in yourself. Believing in your SELF is a wonderful step towards Self-Appreciation... You are saying,

“SELF, I see you and I believe in you. I respect you. I appreciate who you are and what you are.”

When you appreciate yourself, you have more confidence. When you have more confidence, you make better decisions and enjoy life more. So let's take a look at what that self-confidence might look like for you!

Tackling the issue of Self-Confidence...

On a scale of 1-5... 1 lacking self-confidence and 5 being very self-confident, how would you rate *your* self-confidence?

1	2	3	4	5
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What is *true* self-confidence?

Where does this kind of *true* self-confidence come from? Or... how might you get it?

Why is it so important to have this kind of self-confidence?

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Self-confidence versus arrogance... what's the difference anyway?

How might you recognize a person with self-confidence?

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What might cause you to assume a person is 'arrogant' or 'over-confident' or 'stuck up'?

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Self-confidence and arrogance can look dangerously similar. Many times, people avoid expressing self-confidence because they don't want people to think they are stuck up.

Do you think it's true in our society that confident people can sometimes be judged unfairly?
Are you worried about it?

What might this fear of being 'stuck up' cause you to do?

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List 5 things you really like about who you are.

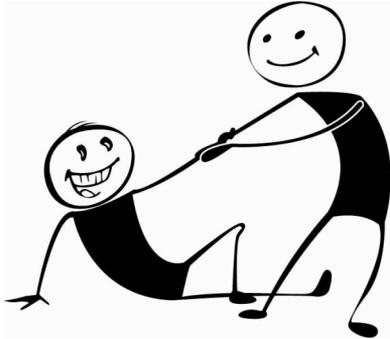
1
2
3
4
5

List 3 things you want to do differently so you'll like yourself more.

1
2
3

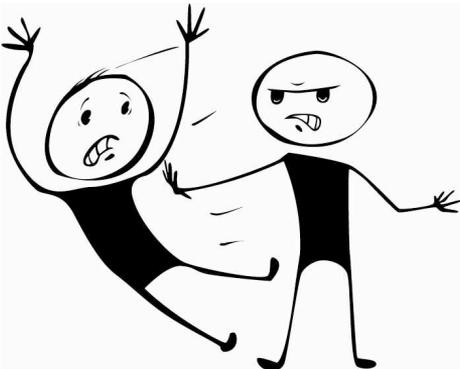
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True self-confidence is used to pull others up...



What are some ways you might 'help' another up and along the pathway of life by using your self-confidence?

Too much confidence or arrogance is used to push others



What are some ways you might push another down along the pathway of life by being arrogant or over-confident?

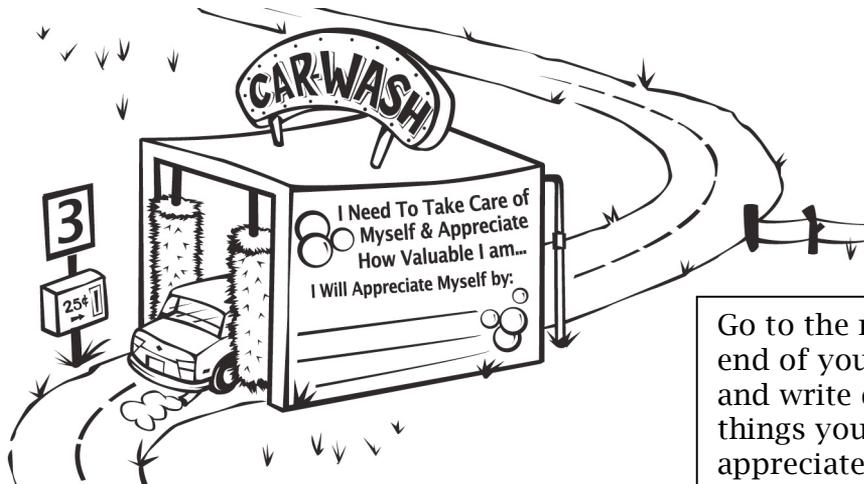
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Get with a partner, and help each other name the ways you can appreciate yourself. Write down at least three ...

1
2
3

Write **your personal** definition of Self-Appreciation now that you have explored the concept.

This is what Self-Appreciation really means to ME:



Go to the map at the end of your workbook and write down three things you can do to appreciate yourself on the icon that looks like this!

After spending time in this Pit Stop, rate your confidence again.

On a scale of 1-5...

1 lacking self-confidence and 5 being very self-confident, how would you rate *your* self-confidence?

1	2	3	4	5
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Did it improve?

Do you know what to do now to bring your score up?

Are you willing to do it?