

SELF-APPRECIATION DAY

Turn the kindness inwards. Consciously acknowledge the goodness in you. Don't wait for others to validate you. You are your own cheer leader.

Speak good things to yourself. Positively affirm yourself when looking into the mirror, when things get out of hand, when you're under pressure, when you're facing challenges. Practice positive affirmations everyday till they become your inner dialogue.

Following are helpful links with female and male voices to help you on your journey of self-affirmation.

Speak good things about yourself to others. Do not boast nor demean yourself.



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Forgive yourself for the mistakes and the wrong turns you've taken in the past.
Liberate yourself from judgments made by people about you.

Remind yourself that there is a purpose for your life. You've come this far
and you should be proud of yourself.

Nourish your body. Treat it with compassion
and reverence.

MAKE YOUR DAY JOYFUL.

