I call this a self-esteem building process because for me it was the single biggest factor in the growth of my self esteem. It was a big switch from self criticism and focusing on what needed improvement in me .... to focusing on my assets and what was working in my life.

NO pressure about doing this every day, or having it become an obligation. It’s great to do kind of regularly for a while, say 2-3 times a week for a month or so. Then, when you come back to it later, you may notice how much you’ve grown!

**The process:**

**At Night:**

* Get a piece of paper and a pen or pencil; draw two columns.
* Reflect on your day, focusing on what pleased you. Write down all the things in the left column.
* For each item, note what qualities of yours contributed to the item happening. Qualities can be ‘hard’/ tangible, like you’d put on a resume (e.g. speak German, computer literate), or ‘soft’ / intangible (e.g. willing, loving, good listener)
* Look at and reflect on the list and notice what comes up in your body.

**The Next Morning:**

* Have a chat with yourself in the mirror and go over the list.
* Notice what comes up in your body.
* Add a note about anything that came up.

**Master List:**

* Keep one!! Get a beautiful journal/book to write it in.
* Anytime a new quality surfaces on your check-in, add it to the list.
* When you’re about to do something scary, and you’re doubting yourself, get the Master List out, sit/stand in front of the mirror, and review if with yourself out loud
* Celebrate how awesome you are!!

**Example:**

|  |  |
| --- | --- |
| **What Happened that Day that Pleased Me (PM)** | **My Strengths, Talents, Abilities and Qualities that contributed to that (STAQ)** |
| I walked along the river  Went through the survey results for webinar  Called my friend and had a catch-up  I updated my web site | Self care, grateful, committed, body in decent shape, love nature  Tech savvy, curious, can see patterns, insightful  Thoughtful, good listener, kind, loving  Computer literate, creative, resourceful, professional, dedicated, courageous at putting myself out there |