

Day 1

JL PERSONAL COACHING

SELF-ESTEEM SUPER BOOST CHALLENGE **APPRECIATING YOUR STRENGTHS**

WELCOME TO DAY 1 OF THE SELF-ESTEEM SUPER BOOST CHALLENGE.

TIPS:

- I RECOMMEND PRINTING OUT YOUR SHEETS DAILY SO BY DAY 5 YOU WILL HAVE COMPILED AN INCREDIBLE REFERENCE FOR YOURSELF.
- TAKE ACTION. WE CAN READ ALL THE RIGHT BOOKS, ATTEND SELF-HELP WEBINARS AND LISTEN TO PODCASTS HOWEVER YOU WILL ONLY SEE RESULTS WHEN YOU TAKE ACTION.
- SURROUND YOURSELF WITH PEOPLE WHO LIFT YOU UP!
- BE HONEST WITH YOURSELF. THIS IS THE FIRST PLACE TO START

TODAY WE'RE GOING TO BE REFLECTING ON
ALL YOUR WONDERFUL STRENGTHS AND GIFTS. READY?

REFLECTION:

SELF-ESTEEM

BEGINS WITH LOVING WHO YOU ARE, ACCEPTING
WHO YOU ARE, AND APPRECIATING YOUR
STRENGTHS. IF YOU CANNOT APPRECIATE WHO YOU ARE, YOU'LL NEVER
HAVE GOOD SELF-ESTEEM.



*Nothing Changes
if nothing changes*

Ask yourself this simple, yet powerful question:



Do I love myself?

If the answer is, “No,” that needs to change.

Today.

Coaching Tip

If you want to be comfortable, you absolutely MUST approve of yourself. It doesn't matter what others think, it matters what YOU think about you. Perhaps you are paralyzed by what others think? Perhaps you doubt your skills and are hesitant to apply for the job that you are meant to have? What do you think when you look in the mirror? These negative loops in our heads direct how we act. In fact, every decision we make is in direct correlation with how we feel about ourselves. So we must rewire our brain to embrace our intrinsic gifts. We are good. We are worthy. We deserve to live our best lives just because we are born intrinsically worthy.

So let's begin by taking time to appreciate yourself. This is the foundation of self-esteem.

TAKE ACTION: WITHOUT ACTION NOTHING HAPPENS

Grab a piece of paper. Write down TEN things you appreciate about yourself. This doesn't need to be overcomplicated. (Or See Printout Attached)

You MUST come up with at least ten things you like about yourself. No shortcuts!

If you can keep going, come up with more than 10.

After you're done, take the sheet of paper and tape it somewhere you'll see it a LOT.
You want this to be in front of you on a regular basis.

REMEMBER you're valuable and should love yourself. Don't let anyone tell you otherwise!

Okay,
now it's time for you to get busy. Write down the ten things that you love about yourself and in the comments below, please share at least ONE of those things. Come on, don't be shy!

And
stay tuned for tomorrow because we're going to be doing some wonderful affirmations that help you accept and love yourself.



Mindmap
**Things
I Love About
Myself**

Free Resources

KNOWLEDGE+ACTION=CHANGE

www.penzu.com : THIS IS A FREE ONLINE JOURNAL. IT IS EASILY SHARED AND EASILY KEPT PRIVATE. FEEL FREE TO SHARE WITH ME VIA EMAIL – [JULIE@JULIELOKUNCOACHING.COM](mailto:julie@julielokuncoaching.com). YOU WILL RECEIVE THOUGHTFUL FEEDBACK DURING THE CHALLENGE.

www.dreamitalive.com : THIS IS A WONDERFUL TOOL TO CREATE A VISION BOARD ONLINE. IT ALLOWS YOU TO MAKE INTENTIONS AND CREATE A SPACE TO MANIFEST.

[HTTPS://WWW.MENTALHELP.NET/SELF-ESTEEM/WHY-ITS-IMPORTANT/](https://www.mentalhelp.net/self-esteem/why-its-important/): ARTICLE ON WHY SELF-ESTEEM IS CRUCIAL IN YOUR LIFE.

READ MY BLOG: [HTTPS://WWW.JULIELOKUNCOACHING.COM/POST/THIS-1-THING-PREVENTS-YOUR-SUCCESS](https://www.julielokuncoaching.com/post/this-1-thing-prevents-your-success)

Journal Prompt: Think About Your Values



ARE YOUR ACTIONS ALIGNING WITH YOUR VALUES?

- AUTHENTICITY
- ACHIEVEMENT
- ADVENTURE
- AUTHORITY
- AUTONOMY
- BALANCE
- BEAUTY
- BOLDNESS
- COMPASSION
- CHALLENGE
- CITIZENSHIP
- COMMUNITY
- COMPETENCY
- CONTRIBUTION
- CREATIVITY
- CURIOSITY
- DETERMINATION
- FAIRNESS
- FAITH
- FAME
- FRIENDSHIPS
- FUN
- GROWTH
- HAPPINESS
- HONESTY
- HUMOR
- INFLUENCE
- INNER HARMONY
- JUSTICE
- KINDNESS
- KNOWLEDGE
- LEADERSHIP
- LEARNING
- LOVE
- LOYALTY
- MEANINGFUL WORK
- OPENNESS
- OPTIMISM
- PEACE
- PLEASURE
- POISE
- POPULARITY
- RECOGNITION
- RELIGION
- REPUTATION
- RESPECT
- RESPONSIBILITY
- SECURITY
- SELF- RESPECT
- SERVICE
- SPIRITUALITY
- STABILITY
- SUCCESS
- STATUS
- TRUSTWORTHINESS
- WEALTH
- WISDOM



Are You Living Your Life In
Accordance With Your Values?