



CELEBRATION

Today, is all about **celebrating** you. It's about finding those amazing nuggets that make up the uniqueness of who you are, and pulling them up to the surface so they can shine. **In each category listed below, write your BEST attribute/moment/trait in a sentence following the prompt. (Have fun with your statements!)**

PHYSICAL BODY: What about your body can you love, appreciate or celebrate? Ex: I have an incredible amount of endless energy. I've got incredible arms!

MENTAL CAPABILITIES: What about your mind can you love, appreciate or celebrate? Ex: I am endlessly curious and am super quick witted!

RELATIONSHIPS: What about your way of being in relationships can you love, appreciate or celebrate? Ex: I am attentive, loving, respectful and trustworthy.

PERSONALITY: What about your personality can you love, appreciate or celebrate? Ex: I am quirky and a complete firecracker.

SPIRITUALITY: What can you celebrate about your connection to the divine? Ex: I walk in nature everyday and take in the silence and beauty during my walks.

ACCOMPLISHMENTS: List 10 accomplishments that you're really proud of that you can celebrate. Ex: I am an amazing mother. I completed a marathon. I lost 10 pounds. I opened the door for an elderly woman. I am the person others come to for support.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____