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# Appreciate Yourself

I really didn't want to do it.

My hands were sweaty. I felt dizzy, but I went on the stage.

Everything in my body was telling me to run away.

What if I mess up?

What if I get that lump in my throat and can't talk?

Why would anyone want to listen to me?

I got on stage and delivered a fine talk to the crowd of people. I know it could have been so much better if I was grateful for who I was and what I brought to every single situation.

The negative self talk was painful and I couldn't let it dominate my thoughts anymore. After I was done I vowed never to do that to myself ever again.

I still struggle with negative self talk, but I'm improving every day. It started with appreciating myself and not beating myself up over every little thing.

I credit this to keeping a self gratitude journal. Taking time to appreciate myself for all that I was.

What do you appreciate about yourself?



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Why do you appreciate this part of yourself?

Try reading your self gratitude journal out loud to yourself. The more you hear it the more it sinks in and builds your confidence. It's up to us to build our own confidence. The more we can do it for ourselves the less we need other people to do it for us.

Go and watch the video to help you go a little deeper into this lesson.



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