



Day 1: Recognize Your Strengths

Welcome to Day 1 of the "Be True To You" 5 Day Challenge To Igniting Healthy Self-Esteem. Today we're going to reflect on your wonderful strengths and gifts. Let's **IGNITE** together!

Reflection: Self-esteem *begins* with *loving* who you are, *accepting* who you are, and *recognizing* your strengths. If you can't appreciate who you are, you won't be able to start the road to healthy self-esteem.

Buddha said: "You yourself, as much as anybody in the entire universe, deserve your love and affection."

Mark Twain said: "A man cannot be comfortable without his own approval."

Ask yourself this simple, yet powerful question:

Do I love myself?

If the answer is, "No," that needs to change. Today!

If you want to be comfortable in your own skin, you **MUST** approve of yourself. It doesn't matter what others think, it matters what **YOU** think about you. Begin by taking time to recognize and appreciate yourself. This is the first step in building healthy self-esteem.

Action: Take out a piece of paper. Write down TEN things you LOVE about yourself. This doesn't need to be complicated.

- Are you computer savvy?
- Do you love to cook?
- Do you have a good sense of humor?
- Do you work well with kids?
- Do you manage finances well?
- Do you interact well with others?

You must come up with at least ten things you love about yourself. No shortcuts!

If you can keep going, come up with as many as you can.

After you're done, take the sheet of paper and tape it somewhere you'll see daily. 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!

See you at 7:00 pm for our live message of encouragement and inspiration.

See you tonight!

Your Purpose Pusher

Eboni Montsho Ignites