

## Self Appreciation Challenge

### What?

Any time of year is the right time to create new goals and resolutions to strive for. This challenge takes a little different approach however. Let's take a look at what we have done well, and what we appreciate the most about ourselves. In the midst of our busy lives, we can forget to be proud of our strengths and accomplishments. Use this challenge to be your own biggest fan!

### How?

The Self Appreciation Challenge starts your year off by building confidence and a positive self-image. Choose three days each week to write down something you have done well, or a strength you are proud of. Take each note you create and place in a mason jar, sandwich bag or bowl to keep them safe. By the end of the month you will have created a compilation of all the things you believe you have done well. If you ever need inspiration, or a reminder of how amazing you are, just look back at all the wonderful things about you. As a bonus, you can always drop off a nice compliment to someone else participating this month.

### Why?

Psychologists have shown exposure to an image or an idea helps individuals accept it as truth. Advertisements and billboards constantly use this strategy for marketing purposes. This month you get to use the same strategy companies invest in to market yourself! You might find that you feel better throughout your day, productivity increases, or you just can't help but to smile.

Source: [American Psychological Association](#)