



# When You Don't Feel Appreciated

## A Self- Appreciation Practice

1. One thing I'm proud of accomplishing today-
2. One thing I'm glad I took time for-
3. I love how I showed up this way-
4. I add so much value/good to the world whenever I-
5. I can see how my unique skills/talents/knowledge are needed in this way-
6. I felt God's love for me when-