\*\*\*\*Day One\*\*\*\*

Physical Appearance

This is often the most difficult thing to look at, but confronting it head-on could pay huge dividends for your self-esteem. There are usually several physical features that we just don’t like. And they often seem so glaring that they may obscure the physical traits we do like. What we’re about to ask you to do is a head-to-toe inventory of your physical appearance. Think about your hair, eyes, nose, mouth, chin, complexion, skin, hands, fingers, as well as your chest, abdomen, hips, pubic area, legs, and feet. Visualize the shape or musculature of each of these areas.

 Now begin writing a brief description of each part of your body that you like-even a little bit. It may be hard work, but we’ll use it to help you later on. Underline the main term (eyes, lips, fingers, etc.) So you can easily review it later, and put down what you like about it. If you want to include particular memories of time you enjoyed or were complimented for that part, you can include those too.

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\*\*\*\*Day Two\*\*\*\*

Relating To Others

Today you will explore the interpersonal domain- all the ways you deal with people. This is a critical area for self-esteem, and we’re going to encourage you to examine it thoroughly. Think about the positive ways you express feelings and needs; work collaboratively to solve problems; and show love, support, or interest in others. Also examine the positive ways you relate sexually. As you explore how you relate, think about different people in your life-family, friends, work colleagues or school peers. Look for an interpersonal strength with each person you know.

 Now begin writing. It often helps to label and underline your interpersonal strengths (warm, open, accepting, etc.) and describe a typical experience that exemplifies it.

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\*\*\*\* Day Tree\*\*\*\*

How Others See You

In today’s journaling experience, we want you to think of feedback you’ve gotten about your strengths and personal assets. It might be in the form of compliment, thank-you notes, or some heartfelt appreciation. Again, think of all the people you’ve known in the past and present. What did they like or value about you? How did they let you know how they felt?

 As you begin writing, underline the term or label you use to describe a strength so you can easily review it later. Also write a brief description of how you were told about this particular asset.

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\*\*\*\*Day Four\*\*\*\*

How You Do on the Job (or at School)

Today is an opportunity to think about how you handle the major tasks at work or school. What do you do well? What parts of your work or school performance have been appreciated by others? Examine each component of your current job, What are the individual skills that you need to succeed (for instance you’re a fast reader, good consensus builder, or good at diagnosing problems)? Think back to past jobs or school environments, and try to remember your success, as well as particular skills that helped you be effective.

 Now, when you’re ready, start writing. As you’ve done on previous days, label and underline each strength so you can review it easily. And perhaps describe a particular time or situation where that strength was especially in evidence.

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\*\*\*\*Day Five\*\*\*\*

Your Performance of Daily Tasks

Today the focus should be on your strengths in taking care of the daily tasks of life. These include health maintenance, hygiene, creating a pleasant living environment, money management, food preparation, caring for children, and the many things you do to manage your personal and family needs. Give some thought to how you take care of each of these areas; particularly the things you do well.

 Now it’s time to describe each of these abilities here. Be sure to label and underline each strength so you can find it later. If there are specific examples you’re proud of-financial management, home creation, protecting your health, etc- you might also want to include those here.

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\*\*\*\*Day Six\*\*\*\*

Mental Functioning

The last domain to explore this week is how you use your mind. This includes your reasoning and problem-solving abilities, as well as your capacity for learning new things. Also important here is creativity-not just in the artistic sense, but creative responses to problems and challenges in every arena of life. Consider, too, your areas of special knowledge, wisdom, and insight. What kind of lessons have you learned over the year that have helped you and others?

 As you journal, label and underline each of your abilities so you can easily review them later. And give examples, if you wish, of ways these strengths manifest themselves.

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\*\*\*\*Day Seven\*\*\*\*

Putting It All Together

On this day you’re going to do the most important journal work you’ve attempted so far. It’s now time to synthesize and consolidate what you’ve learned about your personal assets. What makes this so vital is that concept we talked about at the beginning of the week-confirmatory bias. Much of your life you’ve paid attention to negative events, things you said wrong, or did wrong. Thigs you hoped for and tried that didn’t work out. Once you formed a negative view of yourself, your focus always tended to center on your flaws and failures. The positive events, the compliments, the little triumphs got lost.

 Today you’ll review your first six entries and summarize in this journal all you learned about your strengths. Cover the high points, the qualities that are most important to you. As best you can, describe them with certainty and conviction. Rather than write that you’re “pretty good” with your kids, a better entry would affirm that you are “warm and supportive.” Also, it helps to be specific. Instead of noting that you’re “sometime assertive”, a more accurate entry would describe you as “assertive to make sure things are done correctly at work.”

 Go ahead now and summarize what you’ve learned to this point.

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