

November: Embracing Self-Gratitude for a Happier You

Summary:

Self-gratitude, or the practice of appreciating yourself, is a transformative habit that can boost confidence, self-worth, and overall happiness. Taking a moment to acknowledge our strengths, efforts, and unique qualities helps us build a more positive relationship with ourselves. So as you get ready to cook that turkey and give thanks, be sure you spend a little time be grateful to yourself.

Let's get to work.

3 Quotes, Ideas, Facts (Learn)

Talk to yourself like someone you love.

– Brené Brown.

In other words, practicing self-gratitude involves treating yourself with kindness, recognizing your achievements, and honoring your own journey.

Self-gratitude can improve resilience. Studies show that people who regularly practice self-compassion and self-appreciation tend to cope better with stress and bounce back from setbacks more easily.

[Stress Plus Self-Compassion Equals Resilience | Psychology Today](#)

Practicing self-gratitude can enhance sleep quality. Research indicates that individuals who focus on positive aspects of themselves and their lives before bedtime experience better sleep patterns and feel more refreshed upon waking.

2 Questions for Reflection (Think)

Reflect on a recent challenge you overcame. What strengths or qualities did you display, and how did they help you succeed?

Consider the daily actions or choices you make to care for yourself. How can you show gratitude for the time and energy you invest in your own well-being?

1 Activity or Challenge (Grow)

This week, start a "Self-Gratitude Journal."

1. Each day, write down one thing about yourself that you're grateful for. This could be a personality trait, a skill, or even an effort you made that day. Reflect on how each quality or action contributes to your life.
2. At the end of the week, read through your entries to remind yourself of your unique strengths and the positive impact you have on your own life.