

# I'M WORTH IT

Volume 2/Issue 3

April 2022



## AFFIRMATION OF THE MONTH

*I accept me, just as I am!*



## BLOG OF THE MONTH

### Just As I Am

It's Cee Jay here!

I read Cecily Tyson's autobiography "Just as I Am". It talked about her life's triumphs, shortcomings, accomplishments, losses, and the redemption she had with herself about her life. It made me think about my life and all my triumphs, shortcomings, accomplishments, and losses as well. It also made me think



about how much at peace I am now, with who I am.... just as I am. It makes me feel good just thinking about where I am in comparison to where I came from.

Reflecting on where you've come from can be a good thing. It can help you see how far you have come and give you the motivation to see how far you can go. But I've learned that comparing yourself to others can do the exact opposite. It can rob you of the joy you receive from accomplishments, and cause doubt and unfulfillment. Comparison is the enemy of growth and self-love.

To be honest, do we really know if what we are using to compare is even accurate? What we think we see may not really be. When we try to compare, we don't always have the full picture. Everything is not always as it appears. When we only see the outside, there's a lot on the inside we miss. I remember when I was in my mid-twenties, a woman who was around my age was having a hard time with her relationship. I remember her walking up to me one day and saying, "I wish my life was like yours." At that time, outwardly she saw a well-dressed woman, who was married, had two kids, and successfully managing projects. Inwardly, I was overstressed, robbing Peter to pay Paul with my bills, and dealing with mental abuse that sometimes became physical. I remember gently placing my hands on her shoulders and saying, "Sweetie, don't ever wish for something that you don't know the full story about.", then I walked to the ladies room and cried my eyes out. I was not in a good place, but others assumed I was based off appearances. How many times have you wished you were in someone else's shoes?

Even when people are truly living a fulfilling life, we normally don't see or know the background story to a person's success, and therefore do not know what obstacles or pitfalls had to be overcome, nor the level of sacrifices that had to be made. In most cases we just see the end product and assume it came about effortlessly.

When I think about my own journey and the things I had to overcome, looking at me now, most people may not have ever suspected that I walked around with my head down and dreaded attention for a good portion of my life because I did not feel beautiful, or that I was afraid to voice my opinions or be heard because I was unsure if what I said would sound stupid, or that I dealt with mental, physical, spiritual, and financial abuse for years.

Looking at me now, most do not know that it was a lot of years of tears and fighting fears that I had to overcome to get me feeling how I feel and being who I am today.

Now I am not afraid to use my voice. Now I know that we all are beautiful in our own unique ways. Now I realize that anything is possible as long as I believe it to be. Now I know that all that I've been through helped form me to be just as I am.

The moral of this story is to know that you are a designer's original, so there's no need for comparison. Know that your path is yours alone so no one can ever fully emulate or replace you. Create the life of your dreams, and always remember that you are beautiful and special just as you are!

Until next time.....

## ACTION OF THE MONTH



### **Mirror Time**

I believe women need a mirror to carry around with them at all times. Not just to check our make-up or to make sure there's no broccoli stuck in our teeth, but also if ever we are in doubt of who we are, we can look at ourselves for reinforcement. This has provided me with a sense of relief knowing that the person I am looking at on the other side of that mirror believes in me.

That self assurance does not magically happen just by pulling out a mirror and staring at yourself. This develops by constantly reassuring yourself about your greatness. One way I reassure my self is through an exercise called, "Mirror Time".

### Here's how it works:

Each morning when you wake up look in the mirror and say "Good morning". When you look at yourself, I want you to stare into your eyes and say it. I had to mention that because I know some will look at their hair or clothes when speaking to themselves in the mirror, and totally avoid their eyes. Eye contact is essential and very necessary for this exercise to be effective, because you need to speak into yourself, not at yourself. As you get better and more confident with it, try smiling and laughing at yourself, and then blow yourself a kiss or even wink at yourself and say, "Hey gorgeous". This may seem very elementary or even silly, because it sounds like something that can be done with ease, but there are a number of women who would find even this beginner part of the exercise quite difficult or uncomfortable. I know because I was one of them.

Next, speak positive affirmations to yourself aloud while looking directly at yourself in the mirror. Feel free to be as creative with your positive affirmations as you desire. Here are some to start you off:

- ♥ I am beautiful
- ♥ I am powerful
- ♥ I am amazing
- ♥ I am enough

- ♥ I am love therefore I deserve love in return
- ♥ I am strong and capable
- ♥ I am healthy
- ♥ I am qualified
- ♥ I am a money magnet
- ♥ I am successful
- ♥ I am worthy

Even if you do not necessarily feel the affirmation is true at the moment, still speak into yourself what you desire for yourself. While saying positive affirmations alone will not make your desires magically appear, when you hear something over and over again, you start to believe it, and when you believe something, you act on it.

I would love to hear how this process and other “Action of the Month” challenges have worked for you, so please feel free to drop me a line. I’m looking forward to connecting with you again next month!

Let’s get started! It’s Mirror Time!



### ONE LAST THING



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Never forget that **YOU ARE WORTH IT!**

**Until Next Time.....**