



Appreciating yourself
and attracting more
of what you want

Self-appreciation and attracting 'good'

They say you get more of what you focus on, so it's vital to focus on the positive and not dwell on the negative. Spending time and energy thinking about how fat / common / poor / stupid you are is said to cause you to be more fat / common / poor / stupid, so it stands to reason that you want to spend most of your time and energy on what's going right in your life.

This is easy to say and can be less easy to do, so when I came across Marie Diamond's 'Appreciation Game' (whilst reading *The Passion Test* by Janet Bray Attwood and Chris Attwood) I realised I'd stumbled upon a simple, yet powerful tool.

The idea is to focus on 3 things about your day

1. What you appreciate about yourself
(e.g. "I appreciate how good I was in that meeting")
2. What you accomplished
(e.g. "I phoned Eva and had that uncomfortable conversation")
3. What 'wins' showed up
(e.g. "When I was rushing and didn't have time buy my own ticket for parking, that nice man gave his — and it had another hour on it.")

Our brains are designed to make lots of comparisons with previous experience. This helps us to respond to what's happening in the moment. To help illustrate this point, I'd like you to imagine the memories stored in your brain as being stored in a physical place like a manila folder, filing cabinet or storage room. Often we have a large warehouse filled with evidence of the 'bad things' — how things don't work out for us, or how useless we always are — and a very small folder filled with evidence of the 'good things'. By reflecting on what's good (and ideally writing it down or drawing a picture or making it in some way tangible) what you're doing is filling up your 'good things' file. As you keep filling it, soon you'll need a drawer, or even a whole filing cabinet to store all these fabulous memories.

- What do you appreciate about yourself?
- What did you accomplish?
- What 'wins' showed up?

Remember, some days will be harder than others, so be generous. Maybe all you accomplished was flossing your teeth or putting the rubbish out — be sure to focus on this and not the things that didn't go so well.

By making the effort to recall the good, you store more of the good. When your brain sees something in the world that might be good, it looks for evidence of experiencing good in the past... and it finds plenty! Suddenly you're in a frame of mind where you believe good things happen... and you notice good things happen... and I believe we then ATTRACT good things.

Your assignment:

Either first thing in the morning or last thing at night, reflect on what's happened during the last day. Start a journal, write in the date and record those three magic things.

Date: _____

I appreciate _____

I accomplished _____

Wins that showed up _____