



## JUST FACTS

# Self-Gratitude



***“Gratitude helps you to grow and expand; gratitude brings joy and laughter into your life and into the lives of all those around you.”***

***~ Eileen Caddy***

Loving yourself is the ability to *be grateful for your self* without the benefit of another person's influence. It is an attitude that can change all things. It is the key to personal success.

Many of us picked up where our parents left off with the practice of berating ourselves anytime our performance is less than what we perceive as our very best. In many cases, we set for ourselves impossibly high standards or unrealistic standards that we can't live up to, and then beat up ourselves for not being able to live up to our expectations.

*How then can we love ourselves under such trying circumstances?*

***Start with a gratitude list.*** Take 15 minutes and write down 10 things you appreciate or are grateful about your self. It can be things that you are, like *“I am a kind friend,” “I am a good parent,” “I am loved.”* Actions you've taken, like, *“I volunteer at my church,” “I take care of my health,” “I give generously whenever there is a need.”*

You can also highlight the abilities you have such as *“I am a great cook,” “I am a talented salesperson”* or anything else that you can think of that shows what a special and wonderful person you are. No one else will see your list, so go wild, get crazy and shine so that you can see and appreciate every aspect of who you are.

Remember, your first responsibility is to yourself. If you don't recognize and value yourself, you will teach others not to value or appreciate you. How many times have you felt that no one notices the work that you do? Start with looking at yourself in the mirror, do you appreciate yourself? Are you appreciating all the hard work and efforts you make?

All too often we use up every ounce of energy we can muster to let everyone else in our life know how much we appreciate their hard work and diligence, what a wonderful job they are doing, how talented they are in certain areas and how successful they are in their endeavors. Women especially, are so programmed to dwell on everyone else's good doings that they, more often than not, forget to make note of our own.

Being grateful for your self is not about comparing yourself to others or looking for ways that you are better off than others. It's about *knowing who you are* and *being grateful for what you know*. Grateful for the ways you are different, and grateful for the unique contribution you make by being in this world.

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