

# Pondering Point

Most of us feel we deserve to be praised and appreciated for what we do. We are always searching for that "gold star." The first place we look for gratitude may be from our employers and significant others. When we don't get praise, we can feel furious, hurt, ignored and taken for granted. At these times, we can be our own worst critic and invent feelings of worthlessness. We forget we can give ourselves that pat on the back. We can appreciate and celebrate who we are, what we did and that we did our best. *Do we need the gold star to come from another person to feel valued?*

Self-Motivation is internal and long-term. Accolades from others can be superficial and may not be dependable. With internal reflection, we see that when we allow ourselves to feel good about something we have done or who we are, we are demonstrating self-respect. ***Are we giving ourselves the credit we deserve?*** When we feel a sense of appreciation and self-worth, we are more likely to extend those feelings to others – and that creates a positive environment for everyone!

## When was the last time you gave yourself a GOLD STAR?

*When was the last time you patted someone else on the back?*



**Imagine... allowing ourselves permission to revel in our own accomplishments and pat ourselves on the back.**

### — From Pondering to Practice —

#### **Activity**

In the hustle-bustle of everyday life, we sometimes forget to appreciate the time and effort of others.

#### **Try This: Simple Celebrations**

- Make a 'Gratitude List'. Remember all the things you appreciate about yourself and others.
- Show your appreciation in an inexpensive and immediate way. Send a free e-card to your friend, family member or coworker over the Internet.
- When writing a check, jot the words "Thank You!" in the memo line. Think of the goods or services you enjoyed in return.
- Have a dinner table discussion recognizing and celebrating everyone around the table.

**"There are two kinds of gratitude: The sudden kind we feel for what we take; and the larger kind we feel for what we give."**

- Edwin Arlington Robinson

#### **Self Reflection**

Write a letter to yourself. Humility means not bragging to other people. There is nothing wrong with bragging to yourself!

- *What are some things you have done that you are proud of?*
- *What are your special gifts and traits?*
- *What makes you unique?*
- *How have you helped your family, friends and coworkers?*
- *Why does someone say they want to be your friend?*

**Write a new letter to yourself each time you feel unappreciated to motivate you and remind you of a job well done!**