

## WEEK 2. ACKNOWLEDGING YOURSELF



We are going to continue to build on the huge stuff we did last week by focusing on how great a person you are and all the things you have accomplished in your life so far.

Most of us get a lot of input from the world around us about what terrible, tiny, inconsequential people we are showing up as, but we don't have a lot of people telling us that we are great. So we tend to forget.

This week I want you to think about all the things you have accomplished in your life and acknowledge yourself for them.

Keep in mind that just SURVIVING is an accomplishment – especially specially these days!

Having the guts to take on this Last Year Of Your Life program is a huge feat as well!

Falling in love is an act of courage worthy of acknowledgement.

Graduating from high school, college, technical school, basic training, and getting a GED are all great things too!

Are you a good dancer, a great cook, artist, mother or father, son or daughter, brother, sister or friend? Being a good friend to someone in need is something that is definitely worthy of acknowledgement from yourself.

LET'S GET RIGHT INTO ACTION ON THIS...

WRITE DOWN 10 THINGS YOU ACHIEVED AS A KID:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

WRITE DOWN 10 THINGS YOU'VE ACHIEVED AS AN ADULT:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Okay, now I want you to take a little bit of a risk and get together with someone who knows you. A spouse, relative, or old friend would be best. Tell them about The Last Year Of Your Life program and that you want to do an exercise with them. Ask their permission to get personal with them, and when they agree, do this ACTION EXERCISE...

ACKNOWLEDGEMENT ACTION EXERCISE:

Tell your exercise partner at least 5 things that they have accomplished in their life that you really think they deserve acknowledgement for.

- 1.
- 2.
- 3.
- 4.
- 5.