

Thanks for participating in 21 days until 2021

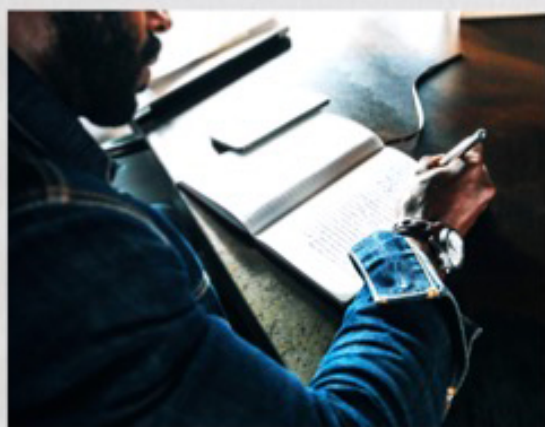


# 21 to 21: DAY 7

Today, write 10 things you appreciate and value about yourself.

## APPRECIATION: SELF APPRECIATION

The power of self-appreciation is profound! It helps you recognize your talents, skills and abilities. Knowing your strengths enables you to be more aware of how you can use them to achieve your goals...faster and easier!



*I know some of you are thinking this would have qualified for your DO SOMETHING UNCOMFORTABLE assignment. Learning to value and love ourselves is sometimes uncomfortable, but I promise it is 100% worth the effort.*

Check out [successlooksgreatonyou.com](http://successlooksgreatonyou.com)  
Sign-up for SIX WEEKS TO SUCCESS (1/12 - 2/16)  
SEE YOU HERE TOMORROW FOR DAY 8