



 SOOLUTIONARY

Chart. Your. Path.

Prema Lee Gurreri

7 Days of Self Appreciation

Self Appreciation is a simple and powerful practice to recognize your divine gifts, fall in love with yourself, and bring out more of the best of YOU.

Step 1: Put your hand on your heart and take three deep breaths to tune in with yourself...

Step 2: Write 5 things that you appreciate about yourself.

Step 3: Write WHY you appreciate each thing about yourself. That's it!

5 things I appreciate about myself today...

Day 1

1: I appreciate

Why

2: I appreciate

Why

3: I appreciate

Why

4: I appreciate

Why

5: I appreciate

Why

(Print out 6 sheet more sheets or continue in your journal.)

Love and Appreciation,
Prema

[Click here](#) to hop over to my Facebook page and share your appreciations.