You know how great it feels when someone recognizes you for a job well done? It is time to stop waiting and start making that a daily occurrence for YOURSELF! This is not about pushing or striving for unrealistic levels of output. This is about honoring yourself and the actions that you chose to take that support your personal empowerment so that you can feel proud of yourself every day.

It is time to stop disempowering yourself by ending your day focused on what you didn't accomplish or devaluing how you did it, the goal is to turn your focused, positive intentions toward the good. Validating your personal successes is about recognizing yourself and honoring yourself for where you are and what you are navigating in your life each day. It is time to practice speaking to ourselves like this: “I'm proud of myself for….”, “I'm celebrating myself for….”

This is not about your ego – it is about what is true. Rising up and into the woman we are meant to be, requires us to dig deep into our well of worthiness, enoughness, resilience, and believe wholeheartedly in ourselves. This daily practice helps us practice believing in ourselves.

A personal success can range from “I got out of bed today” to “I got the $$$ contract signed.” A personal success can be completing a mundane task and sound like, “Despite utter exhaustion, I got the kitchen cleaned before bed.” It can also sound like, “Due to utter exhaustion, I gave myself permission not to clean the kitchen and I watched a movie, read a book, or went to bed.” Trust yourself to dig into your well each evening and honor YOU! It is time to boost your authentic empowerment and show up as the strongest you in your day-to-day life.

Prompts to get you started:

I am proud of myself for..... I celebrate myself for...
I was courageous when I ...... I trusted myself and ..... 
I believed in myself and ...... I was vulnerable and......
Even though I didn't want to, I....

Today's Date: ____________

1. _________________________________________________________________________________________________________________

2. _________________________________________________________________________________________________________________

3. _________________________________________________________________________________________________________________

4. _________________________________________________________________________________________________________________

5. _________________________________________________________________________________________________________________

Encouragement: Get a journal or use scrap paper. It doesn't matter. Do this every evening for 10 days. Bonus points if you keep it going past 10. You've got this! You are worthy of this time and celebration.