



# Lou Brown ADHD & LIFE COACH

[www.thrivingwithadhd.com.au](http://www.thrivingwithadhd.com.au)

Telephone: 0413 237 359

Palmyra W.A. 6157

Email: [lou@thrivingwithadhd.com.au](mailto:lou@thrivingwithadhd.com.au)

## Celebrating You!

### Grab a journal and make a list of:

- At least five of your strengths. Then explore how in tune you are with your strengths, what do they mean to you and how often do you use them? Also consider specific times in your life when you have consciously or unconsciously used them and how using them makes you feel. You can complete the Via Institute Character Strengths survey by going to <http://www.viacharacter.org/www/Character-Strengths-Survey>
- At least five things you admire about yourself. For example, your kind heart and desire to do good in the world; the way you have incorporated certain strategies or tools into your life that help you stay organised or on task (even if in only one area of your life); the way you reached out and asked for help at a time you needed it; your resilience and ability to bounce back after adversity; your energy and/or creativity; the supportive relationship you have built with your brother/sister or a friend; your career success, etc.
- Your five greatest life achievements so far. These might include recovering from a serious illness; graduating from high school or university; learning to use a computer or drive a car; learning to cook and hosting a successful dinner party; having an article or blog post published; traveling to other parts of the country or world, etc.
- At least 20 personal accomplishments. They can be as simple as learning to tie your shoe laces; making a friend; joining a support group; getting to work on time 2 days a week; saving some money or paying a bill on time; reducing your social media engagement; facing up to a fear, etc.
- Ten ways you can treat or reward yourself that don't include food and that don't cost anything, such as walking along the beach or in a national park; spending dedicated time enjoying a hobby like painting, fishing, playing tennis; watching children playing in the park; gazing at a baby's face or at a beautiful flower, or chatting with a friend, going to the movies or an adventure park, etc.

- Five things you can do to make yourself laugh out loud
- Five things that give you joy and fill you up
- Ten things you could do to help someone else (consider someone you are close to as well as strangers)
- Ten things that you do that make you feel good about yourself

Continue adding to your journal by incorporating anything else that celebrates you and the wonderful person you are.

This could include:

- Pictures of yourself at different ages
- Books or films you enjoy
- Mementos of things you have done and places you have been
- Cards you have received, etc.

You could also consider setting up a place in your home that celebrates "you." Pick a space you can decorate with objects that remind you of the special person you are. If you don't have a private space that you can leave set up, maybe put the objects in a special bag, box, or your purse and get them out and look at them whenever you need to bolster your self-esteem.

**Reference:**

Addapted from Curie, C. & Arons, B. (Undated). Building Self-Esteem: As Self-Help Guide. SAMHSA's National Mental Health Information Center: Rockville, USA.