

## The Art of Self Acknowledgment

What is self acknowledgment? Self acknowledgment is the act of realizing and owning your personal gifts and talents. Why is this important? When we are born, we are all given our unique personality traits and gifts that we are meant to share with the world. By acknowledging yourself for these gifts, you are honoring your soul's work here on earth. If you look up the meaning of *self* in the dictionary, one of the interpretations is "the essential person distinct from all other persons in identity." One of the meanings for the word *acknowledgment* is "to admit as true." The art of self acknowledgment is literally: Admitting that you are a person who is truly unique from all others!

People today almost always measure themselves by what is popular, what is trendy, or by what is important to whomever they are talking to at the moment. We often look to others to validate us and make us feel good. While getting validation from others is always nice to hear, getting it from within ourselves gives us a more genuine confidence and a greater chance of expressing the part of ourselves that we find most important. If your self-esteem is based solely on what others think of you, then you are continually relying on them to make you feel good about yourself, and that is too much responsibility to hand them.

The best place to start working on your self-esteem is with recognizing the attributes that the Divine has given you in order to fulfill your purpose in this life time. The following are exercises that you can do with yourself and/or with a partner. This is a great way for you to get in touch with all of your amazing and unique talents that make you special.

If you are doing this exercise by yourself, you will want to make sure that you have a nice quiet space for yourself and a time span of **at least** 20 minutes to make sure you get the most value out of this exercise. Take a few minutes to get yourself relaxed and centered. Think of all the things that make you unique and then make a list of **ALL** the qualities, skills, passions and values that you possess. Really acknowledge yourself for the gifts you bring to the world. Examples would be: I am a good listener, I am a loving mother and wife, I am efficient, organized, and always helping others, I am artistic, I always have a smile to share, I am sympathetic, etc. Include things you enjoy doing like hobbies, volunteer work, and the things that get you excited in life. After you have completed this list, read it out loud. You should start each statement out by saying "I'd like to acknowledge myself for" and then complete the rest of the sentence. Repeat this list to yourself once a day until you really start to "feel" all the wonderful gifts that you have to offer to the world.

If you are doing this exercise with a partner, start off by acknowledging yourself out loud for 5 minutes. It may seem like a long time the first time you do it. However, with practice, you may find you need more than 5 minutes! After you are done acknowledging yourself, your partner will then take 5 minutes to acknowledge you for what they see in

you. Repeat these same steps for your partner so that each of you will have a turn giving and receiving. It's a great exercise to do with your spouse, friends and even your children.

These exercises give you permission to acknowledge and accept your greatness, talents and uniqueness. You are giving yourself the gift of loving yourself which, in turn, will expand your level of awareness and open doors to creating fulfillment and enlightenment. With this awareness you are acknowledging the Divine which is expressed through your existence and paying tribute to your highest purpose.

Have a coaching question? Send it to Jana Hollingsworth at **[jana@dreamsnmotion.com](mailto:jana@dreamsnmotion.com)**. Jana Hollingsworth is a Life Coach and Human Design Analyst **[www.dreamsnmotion.com](http://www.dreamsnmotion.com)**