



# CELEBRATE YOU!

*What Makes You Shine?*

**brought to you by:**

Motivate Yourself Now  
[elizabeth@propelyourselfnow.com](mailto:elizabeth@propelyourselfnow.com)  
[www.PropelYourselfNow.com](http://www.PropelYourselfNow.com)



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## *What makes you shine?*

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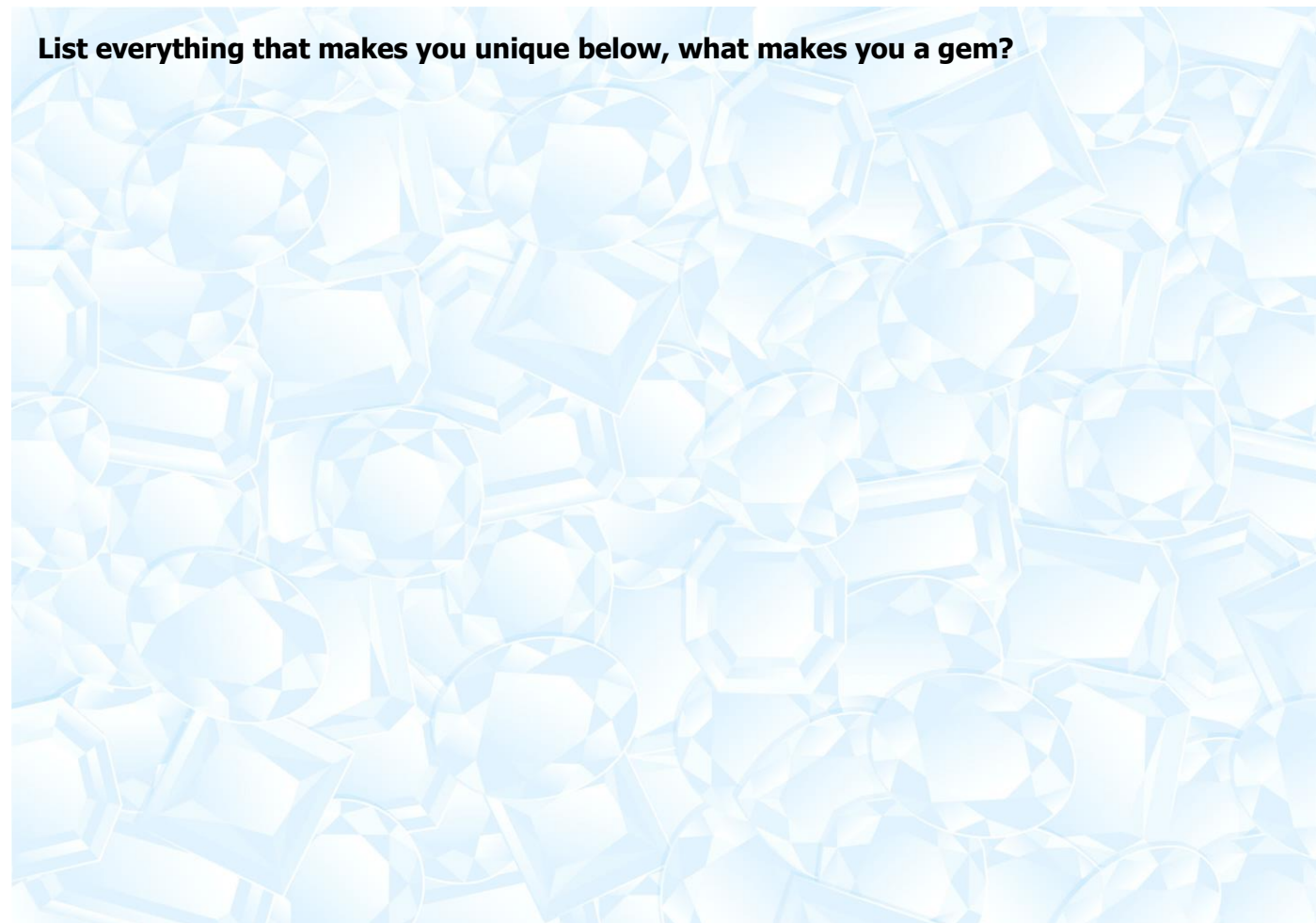
**BACKGROUND:** How do you shine? What gives you character? How are you a gem? We created this tool to help you appreciate yourself - in all your uniqueness and difference! While we're all more similar than we realise, it helps us truly value ourselves when we recognize what makes us uniquely who we are.

### **INSTRUCTIONS:**

1. Set aside 30 minutes to celebrate you! Find somewhere relaxing where you can sink into this exercise.
2. Start by brainstorming your unique qualities, knowledge, skills and experiences below. Some tips:
  - No judgement please - there is no "good" or "bad" here, there is just the reality of you.
  - Think broadly, loosely and from the heart.
  - Include duplicates and similar items - these are good as it shows a theme or pattern!
  - Include small things, big things, important things and "unimportant" things.
  - Include what makes you different, unique - anything and everything that makes you YOU.
  - Remember this isn't about what looks good to others, but what you are proud of in yourself.
3. When the area is filled, circle the 10 items you're most proud of.
4. Now for each of the 10 things you've circled, consider what strengths & qualities lie underneath eg. completing a marathon might represent courage, determination and focus. Write these extra qualities next to the item.
5. Choose the one item you like most about yourself, and put a star next to it. Now turn over to page 2.

**Here are some things to consider including below:** Your life experiences (difficult or bad experiences whilst they "take away" also usually give us something too), healthy or helpful habits, challenges overcome, achievements, hobbies, skills and talents (however small, simple or seemingly unimportant), qualities, your yearnings!, your creations, how you make a difference in the world, the knowledge you have, relationships you have cultivated, what you do for fun - and what you get complimented for!

**List everything that makes you unique below, what makes you a gem?**





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## INSTRUCTIONS - Page 2

1. Copy across the qualities from the 10 things you circled on page 1 into the centre of the gemstones below. Place the starred item (your favourite quality) in the centre of the heart below.
2. Finally, answer the 2 questions at the bottom of this page to wrap up this exercise.



**What have I learned from this exercise?** \_\_\_\_\_

**What new belief could I now create about myself and carry forward in life?**

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