

## **Listing Magnificence**

### Five Things I Like About Myself

Our primary relationship in life is with our selves. No one else travels through every experience of life with us. We are the only ones who can truly know all of facets inside of us, but we can also be our own worst critics. To remember our true beauty, we can do this exercise: "Five Things I Like About Myself".

Begin by writing down at least five things that you like about yourself. This is no time to be modest. If you have trouble coming up with a total of five, you know that this exercise can really benefit you. Be sure to include more than physical characteristics, since our physical bodies are only part of all that we are. If you still struggle, think of what you like about your favorite people, because it's probably something you have in common. Another way is to think of the negative things you find echoing in your head, and rewrite them into positive thoughts. This is how we create the truth about ourselves. Self criticism often comes from comparing ourselves to others, but when we remember that we are each unique and beautiful creations, there is no need to compare.

Continue this process for a week, thinking of five new things everyday, or repeating the same five. At the end of the week, read the list to yourself in the mirror. Instead of looking for flaws to fix, the mirror acts as a tool of transformation. It may seem silly, but it might just bring a smile to light up your face. Remember, it is when we feel the strongest resistance that this exercise holds a gift for us.

Looking out on the world from behind our eyes, we don't often see our own facial expressions or the light in our eyes that others respond to. When we take the time to connect with ourselves the way we would connect with someone we love, we become our own best companions on life's journey. Then we are free to move through the world with confidence and joy.