

Creating a Self Value Journal - Your 'It's All About Me Book'!

The following creative exercise was developed to give you the opportunity to create a wonderful tribute to yourself. Your '*It's All About Me Book*' will become an inspirational record of all of the things about you that make you the unique and magical person you are! Have fun creating....

Here's what you will need;

- A spiral bound book with blank pages (preferably with cartridge paper or paper of a reasonable weight)
- Some old magazines
- Photographs of things you love, you and the people you love
- Coloured pencils
- Oil pastels or other crayons
- Coloured markers
- Any other art materials you like!
- Glue
- Scissors

Here's what to do.....

Step 1 - Give your journal a name

Open the first page of your new Self Value Journal and give it a name. Mine is called "It's All About Me", hence my using that name for this exercise. Start off using your coloured pencils, markers and other fun materials to decorate your 'title page'. I encourage my clients to make this page inspirational in any way they like so that they really love opening their journals

Step 2 - Define self value as you create a 'self value vision'

Sometimes this step can be a little challenging. Firstly I find that it is a rarity that anyone has actually asked us to think about our self value, so defining something that you have never, or rarely thought about can be difficult. So to get started I suggest you create a self value vision instead. A vision is simply an idea or information about how you want things to look and be. So close your eyes for a moment and think about your self value as you know it today. Now think about other women who you admire and see if you can create a list of values that they have / share / embody. Use that list to create a statement that defines your vision for your own self value and add that to your journal

Step 3 - How valuable am I?

If you are lucky enough to be aware of your self value then you can just jump right into filling the pages of your journal with as much information as you like to represent your own self value. I encourage you to use both words and images (hence the need for old magazines and photos) to represent your self value

If you need a little bit of support getting started I find the best place to turn is to our friends and family. You can either pick up the phone or send an email and ask them if they can list 3 things (or more) that they value about you

You will be surprised at what incredible feedback you will receive. You probably will hear things that you have never heard before - this is not because they didn't want to tell you, simply because they never thought to tell you, didn't think you were interested, or just because you never asked!



Once you have your fabulous feedback coming in use the information you have to fill the pages of your journal. With each new page you fill you are creating an inspiring reminder of just how valuable you are

This is a great step to repeat every now and then - whenever you need a bit of a reminder of just how important you are!

Step 4 - Daily value

The next step is to add something valuable about yourself to your journal on a daily basis. Take a few minutes each evening to reflect on the day you have had and how you have demonstrated your value to yourself and others. Then write a few words, draw a picture or add some sort of inspiration to your journal as a reminder of your value that day. If you ever get stuck with this daily step then look back over the previous days and weeks for inspiration! As you start to see how valuable you are you will attract more value into your life

Step 5 - Reflection

Lastly I encourage you to use your journal regularly. You should be adding something to it daily if you can, but also take the time to reflect on your value by reading through the pages, reviewing the images and inspiring feedback from others

And here is just one last bit of advice to really make this as beneficial for you as possible; Re-read your self value vision at least weekly as a check in to see you are on track to living each day as your vision states! And if you need to, you can always re-define self value in any way you like. This is your journal after all!

