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Person 2			
Three sentences that sum up who they think you are			
1.			
2.			
3.			

Person 3			
Three sentences that sum up who they think you are			
1.			
2.			
3.			

REVIEW

- ♥ Is the way others perceive you similar to the way you perceive yourself?
- ♥ What things did others see in you that perhaps you didn't see in yourself?
- ♥ Are these areas that you would wish to cultivate in your life? If so, how can you begin to do this?



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- ♥ **How did it make you feel when people told you what they perceived as your positive bits?**
- ♥ **Were you surprised in some instances, shocked, embarrassed? Were you flattered or disbelieving? When it surprised you, did you question why?**
- ♥ **What things do you see in yourself that others didn't mention?**
- ♥ **If this trait or attribute is something you admire a lot in yourself and others are not noticing it, what can you do to make this attribute more noticeable?**
- ♥ **Make a commitment to read this list of positive attributes and comments regularly. Keep it safe and add to it often.**
- ♥ **Remember to let yourself really feel the joy in the positive comments. In fact as you re-read each positive statement, close your eyes and feel how it makes you feel. Linger a little longer when it feels good.**
- ♥ **If you're having a bad day, bring out your list and ponder it good, long and hard!**
- ♥ **Update it regularly and ask more people to complete it for you too! Keep your list evolving as you evolve.**
- ♥ **I'll say it again...re-read this list again and again. At least once a day remind yourself how wonderful, fantastic, special, amazing and gorgeous you are!**
- ♥ **It is only when we forget how incredible we are that we begin to feel less than incredible. If we do not remind ourselves each day, then over time, feeling incredible will seem impossible.**

When we take the time to remember daily - we begin to think, feel and BE incredible too!