

Love

- I love my eyelashes.
- I love my laugh.
- I love that I sing out loud in my car like I am performing in Madison Square Garden.
- I love that my body created 3 amazing humans and one sweet angel baby.
- I love my sense of humor.
- I love that I graduated from college.
- I love my smile.
- I love that I shop in outfits-I have a purpose and some accessories for everything I buy.
- I love that I am always reading a self-improvement book and a novel.
- I love that I can braid hair like a champ.
- I love that my family comes first.
- I love that on occasion I can't help but dance by myself to a really good song (i.e. "Remind Me" By Emily King.)
- I love my ability to be patient.
- I love my thirst for knowledge.
- I love to read historical romance novels.
- I love Disneyland.
- I love that I question everything.
- I love being alone.
- I love that I have seen You've Got Mail, Dirty Dancing, and Pride and Prejudice more times than I can count.
- I love that I am just as happy in sweats with no makeup, as I am dressed up with makeup and hair done.
- I love smelling good.
- I love the sunset and it takes my breath away, everyday.
- I love learning and that my brain is capable of always finding something new to learn.
- I love sitting by the pool, or on a beach, in the sun, with a good book, and could do it for days. Or maybe weeks.
- I love hats and have an extensive collection you can find me wearing one most days.
- I love that I appreciate differences.
- I love my heating pad and my bed almost as much as I love my family.
- I love that I have accomplished big goals (i.e. college degree, weight loss for good, Master Coach Certification).
- I love continually learning about me and how to love me.
- I love watching my children do what they love and become who they are.
- I love animals.
- I love that I am an excellent teacher.
- I love (most) music.
- I love living in a place with seasons.
- I love that I strive to make a meaningful contribution to the world.

Like

- I like that instead of cleaning out my inbox, I just turned off notifications.
- I like that I still identify as blonde even though my roots tell a different story.
- I like that I recently spent a year on probation with my driver's license, and learned how to drive the speed limit as a result.
- I like that I memorize lyrics easily and can sing all of the words to hundreds of songs.
- I like that ice cold water is my favorite beverage.
- I like all of my rooms and my car to smell good and have systems in place to make that happen at all times.
- I like that I always have my nails painted.
- I like that I am an excellent cookie maker.
- I like to play board games.
- I like that I am (mostly) organized.
- I like a basic date night-'dinner and a movie' is my favorite.
- I like to challenge myself.
- I like that I am always figuring out what foods work for my body NOW.
- I like that I took ASL in high school and college.
- I like that I only listen to Christmas music between Thanksgiving and Christmas.
- I like that I choose foods that fuel me most of the time.
- I like that I know how to pick a perfect watermelon.
- I like being in the mountains.
- I like the color green.
- I like that I chose a profession that speaks to my strengths and also challenges me.
- I like shoes. Not really high heels, but sneakers, booties, and wedges are my jam.
- I like working out-especially at Orangetheory.
- I like to eat cereal. But only once every couple of months.
- I like to eat vegetables, but only every meal.
- I like fasting.
- I like to let my hair air dry when I can.
- I like a good, inspiring quote.
- I like to learn about human behavior.
- I like that I am willing to try new things, even when it's scary.
- I like to believe we are all doing our best.
- I like that I can carry on a conversation with anyone.
- I like that my husband is my best friend.
- I like that I have been in the same book club for almost 20 years.
- I like visiting new places.
- I like visiting my old favorites.

Accept

- I accept my stretch marks.
- I accept that I am an introvert.
- I accept that I sometimes detach to avoid pain and protect myself.
- I accept that sometimes I'm late.
- I accept that I don't always honor what I want and instead do what I think I'm supposed to do.
- I accept that at times I feel anxiety and escape with food, netflix, sleep, or procrastination.
- I accept that sometimes I choose to shop instead of feel my feelings.
- I accept that I don't know everything. That's hard for someone who likes to know everything.
- I accept that I am aging and it's showing.
- I accept that sometimes people are wrong about me.
- I accept that I have an unconventional way of organizing my time.
- I accept that I doubt my capabilities.
- I accept that I judge myself for my choices. Sometimes harshly.
- I accept that sometimes I choose to eat ice cream even though I know it doesn't feel good in my body.
- I accept that sometimes I hit snooze and choose to sleep in instead of workout.
- I accept my tendency to compare myself to others and feel terrible.
- I accept that I choose Coke Zero too many days a week sometimes.
- I accept that I am no longer fluent, or even proficient in ASL despite taking it in HS and College.
- I accept that loving animals means living with pet hair.
- I accept that sometimes I need to check out of socializing.
- I accept that I worry unnecessarily.
- I accept that sometimes things don't happen the way I want them to or think they should.
- I accept that believing new things sometimes feels impossible.
- I accept that I am oriented to the past most of the time.
- I accept that I often process emotions after the fact.
- I accept that I create unrealistic expectations for myself in many areas.
- I accept that sometimes I make the mistake of believing that things can create feelings.
- I accept that I create my feelings and my results, even the ones I don't want.
- I accept that I am imperfect, and perfect isn't a thing, but an expectation I create for myself.
- I accept that sometimes, even when I know they aren't helpful, I choose to believe thoughts about me that cause me suffering.