

Week 28 Practice

Can you guess what we're going to practice this week? Well done! Very intuitive! (See what I did there?) This week, we're going to practice saying thank you. Not desperately. Not with disdain. But with sincerity. Here are four ways to do so:

1. *If you have a group of friends who are brave enough to do this with you, invite them to do so. Pick someone's house. Gather in a circle. And give each person 30 seconds to receive the good words that are being said about them.*

2. *Choose one of the friends you have been cultivating belonging with in recent weeks. Ask them if you can write a letter to them, authentically affirming who they are. Ask them if they'd be willing to do the same for you. Ask if you can get together and read those letters aloud, each of you practicing receiving the affirmations with a simple "Thank you."*

3. *Make a list of compliments you've received over the years. Most people say, at first, they can't remember any. Be patient. Recall the people you've enjoyed being with the most. The chances are they saw your worthiness and mentioned it. Now, hand your list to a trusted friend, companion, or counselor. Have them read the compliments to you out loud. Practice saying thank you.*

4. *Make the same list of compliments, but throw in a few compliments of your own. Yes, it's totally okay to have good things to say about yourself. Now, find a mirror. Make eye contact. Compliment yourself. And express gratitude to yourself. This will be harder than you think. You might even become emotional. If so, try to allow it to happen.*

Again, if you are scheduling time with someone else, perhaps you can't do it this week, but at least schedule the time. You have worked hard to cultivate belonging. Now, enjoy some of the fruit, no matter how hard it is to swallow at first.