



SELF APPRECIATION

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Presentation during UNSA Leadership Training Retreat

Mombasa Beach Hotel
June 28, 2018

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OUTLINE



- 1. Definition**
- 2. Anchoring Quotes**
- 3. Nuggets of Self Appreciation**
- 4. What to Avoid**
- 5. Benefits of Self Appreciation**
- 6. Key Advisory**



DEFINITION



**Self- appreciation is the process
of appreciating yourself – Being
grateful for yourself**



ANCHORING QUOTES



- * **“The way you treat yourself sets the stage for others” - *Sonya Friedman***
- * **“ You have within you right now, everything you need to deal with whatever the World can throw at you” - *Brian Tracy***
- * **“Whatever you think you can or think you can't –you are right” - *Henry Ford***



NUGGETS OF SELF APPRECIATION



- 1. ACCEPTING SELF**
- 2. THANKING SELF**
- 3. APPRECIATING SELF**



NUGGET 1: ACCEPT YOURSELF



Acknowledge

Care

Compliment

Edify

Pacify

Talent





NUGGET 2 : THANK YOURSELF



Tame
Hearth
Action
Nurture
Keeper





NUGGET 3: APPRECIATE SELF



Ability and Accountability

Prudence

Price – High

Responsibility = Personal

Exemplary

Creativity

Integrity

Action

Tolerance

Eagerness to Serve





AVOID SELF NEGLECT



- 1. WHAT TO RESIST**
- 2. DON'Ts OF LIFE**



WHAT TO RESIST



Recklessness

Excesses of life

Sabbotage

Indiscipline

Scandalous Behavior

Temptation





DON'T



Drugs
Objection
Negligence
Temper





BENEFITS



- 1. ACHIEVEMENT**
- 2. VISION**
- 3. IMPROVE SELF**



BENEFITS 1: ACHIEVEMENTS



Adaptable

Caring

Humble

Innovative

Ethical

Venerable

Excellent





BENEFIT 2: VISION



Value
Impactful
Sensitivity
Illustrious
Obliging
Noble





BENEFITS 3: IMPROVES SELF



Service

Effectiveness

Love

Face - Saving





KEY ADVISORY



Protect, Preserve and Nurture Your “Self” Resource



THE END



*Thank
you*

