

Value the “Jewel” that You Are!



The Jewelry Box Activity: Value the “Jewel” that You Are!

This simple activity is designed to bring clarity to the talents and abilities that have acquired and utilized over the years of your lifespan. These talents and abilities may come so easily to you that you don’t even consider them special or unique. But everyone has a different set of skills, talents and abilities that are available to share with others in both your personal and professional life.

Begin by following these directions and answering these questions.

1. Begin by considering that your life is a jewelry box. You have collected *jewels* throughout your life that are contained in this box. Each represents a different aspect of your life. You may find bracelets, pendants, earrings, rings, and/or pins nestled in your box. Some have jewels or stones; some may be beads on a string.
2. List the pieces of jewelry and what they represent in your life.
3. In this chapter of your life, are there pieces of jewelry you want to share with others or no longer need? And why?
4. Are some pieces of jewelry more valuable than others? Why?

From this activity, you realize that you are a composite of all the *jewels* in your life. You have value to yourself and others. When you awaken each day, notice the things in your life for which you can be thankful—a new day to explore—family and friends who are your support network—past achievements and future accomplishments—the beautiful nature around you—the roof over your head—food. Even challenges that lie before you allow you new opportunities to continue to stretch and grow. Stay positive and true to your value. Put your worries behind you and continue life’s journey, one chapter at a time.

I hope that you can put these strategies into practice so that you can enjoy the vibrancy of your days and stop worrying. If you know someone who might benefit from the advice, pass it on!