



Be Thankful for Who You Are: Stop Being So Hard on Yourself and Start Thriving

In a world that constantly tells us we're not doing enough, it's easy to forget one important truth: you are already enough. We compare ourselves to others, criticize our bodies, doubt our abilities, and focus on what we haven't achieved instead of celebrating what we have. But what if we paused for a moment, took a breath, and practiced being thankful for exactly who we are—right now?

Gratitude Starts Within

Being thankful for yourself doesn't mean ignoring your goals or settling for less. It means appreciating your body for carrying you through life, recognizing your efforts even when progress feels slow, and forgiving yourself for not being perfect (because nobody is).

Try this small exercise: every morning, write down three things you appreciate about yourself. They don't have to be big—maybe you handled a tough day with patience, made a healthy meal, or simply showed up. Over time, this mindset of gratitude helps shift your focus from what's missing to what's already working.

Stop Being So Hard on Yourself

Perfectionism is one of the biggest roadblocks to personal growth. When we set impossible standards, we set ourselves up for disappointment and burnout. Instead of striving for "perfect," aim for progress.

Didn't make it to the gym every day this week? That's okay—celebrate the two days you did go. Ate a little off plan? No problem—your next meal is another chance to nourish your body. Self-compassion isn't weakness; it's the foundation of sustainable growth.

Healthy, Attainable Goals to Keep You Moving Forward

Here are a few realistic goals that can help you build a healthier, happier routine:

- **Move daily** – A 10-minute walk counts. The goal is consistency, not intensity.
- **Stay hydrated** – Keep a water bottle nearby and aim for steady sips throughout the day.
- **Prioritize rest** – Sleep is when your body repairs and your mind resets.
- **Eat mindfully** – Slow down and enjoy your meals without distractions.
- **Practice gratitude** – Reflect daily on something you love about yourself or your journey.

Small, consistent actions lead to big, lasting changes.

How a Health Coach Can Help You Get There

Even with the best intentions, it's not always easy to stay motivated on your own. That's where a health coach comes in. A coach helps you:

- **Set realistic, personalized goals based on your lifestyle and needs**
- **Create an action plan that feels doable—not overwhelming**
- **Stay accountable and celebrate progress along the way**
- **Overcome mental blocks and self-doubt with encouragement and support**

A health coach isn't there to judge; they're there to walk beside you, cheering you on as you grow stronger, healthier, and more confident.

The Bottom Line

You don't need to "fix" yourself to be worthy of love, success, or happiness. You can be thankful for who you are and still want to improve. It's about balance—gratitude for the present and optimism for the future.

So, take a moment today to look in the mirror and say: I am enough. I am grateful for who I am and excited for who I'm becoming.

If you have questions about health coaching and how I may can help you, please contact me at nstocks@wilsonymca.org.

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