

Remember to Toot Your Own Horn

6/29/23

Sarah here. As we dive into the height of summertime, we wanted to talk about something that's important for everyone to do- regardless of your age. This week, we're talking about tooting your own horn, so to speak. By this, I'm referring to recognizing your greatness and taking the time to acknowledge it.



Why is it so hard for some of us to toot our own horns? It could be that when we were younger, we were taught that it was bragging or being boastful to recognize and acknowledge our awesomeness. Or maybe we just don't see the ways that we are great. Whatever the reason, talking positively about oneself is a really challenging thing for many people to do.

To help you in your journey toward recognizing and acknowledging your own greatness, I wanted to share some examples that highlight the difference between bragging and acknowledging positive attributes.

Example 1

Bragging: "I don't know why other people did poorly on this exam. It was easy. *I'm* smart so of course I did well."

Acknowledging the Positive: "I'm a good test taker."

Example 2

Bragging: “Did you hear our boss say how impressed she was by my presentation? Yeah, clearly, she isn’t used to people who are actually well-prepared. Some of the people around here...”

Acknowledging the Positive: “I’m good at organizing my ideas and expressing myself clearly.”

What stands out in the examples? The bragging person wasn’t just talking about themselves—they were also talking about others in unfavorable ways. The person who acknowledged the positive identified their positive attribute clearly but only focused on themselves. Maybe some of what comes across as bragging involves being passive aggressive and putting down others to make oneself look good.

Recognizing our personal weaknesses can lead to further development and growth. But, recognizing our personal strengths—those areas in which we truly shine—can be just as important to our development. When we focus on our strengths, we may adapt our approach to a task to ensure we are utilizing those strengths. We may seek out opportunities that highlight those strengths in part because it feels good to do something we excel at. In the coming days and weeks, see if you can recognize and acknowledge some of the things that are great about you. Pay attention to how you feel when you allow yourself to really take in your own excellence. The more you do it, the easier it gets.

