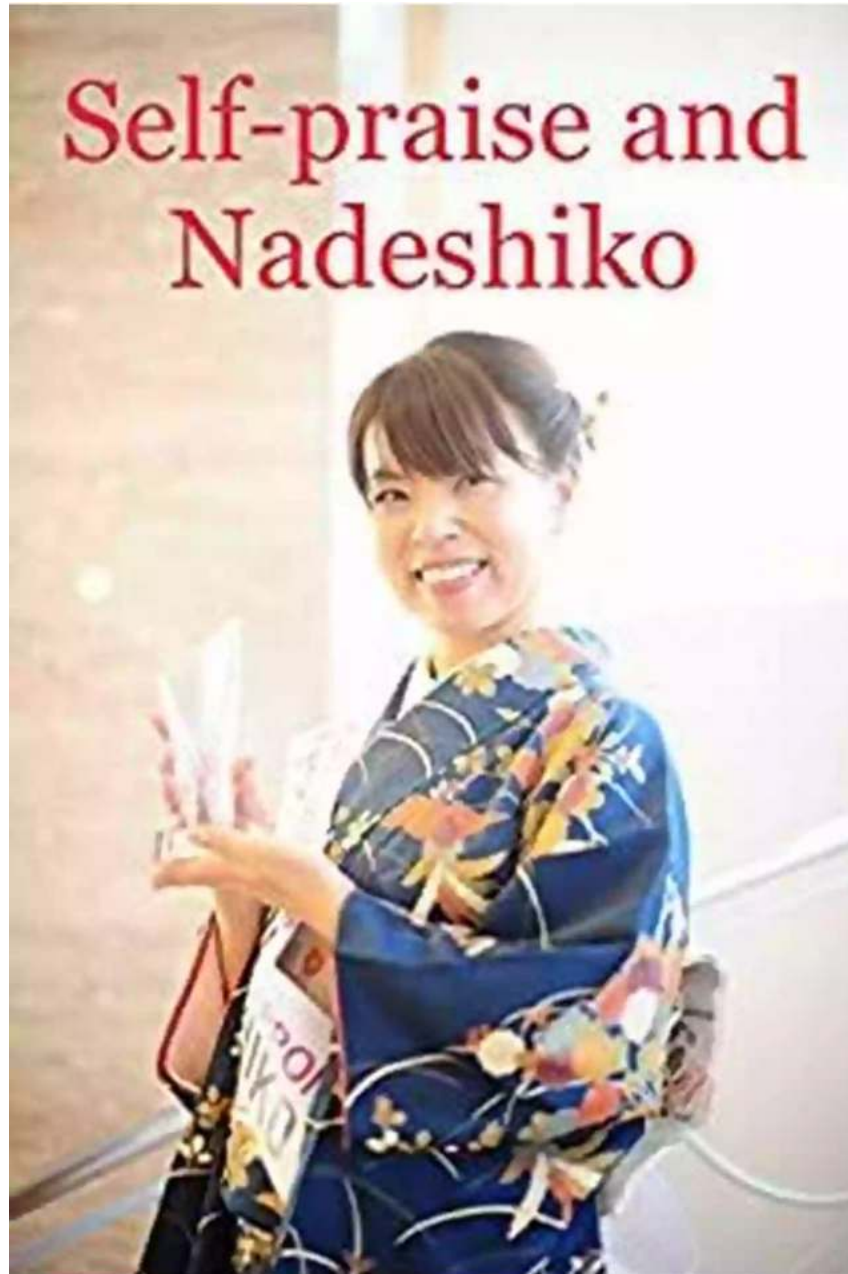


Self Praise And Nadeshiko Nadeshiko: The Art of Embracing Your Inner Strength



"Nadeshiko Nadeshiko" is a phrase that carries great significance in Japanese culture. It represents the ideal traits of a Japanese woman, encompassing everything from inner strength and resilience to grace and femininity. Embracing these qualities can lead to personal growth, empowerment, and a heightened

sense of self-worth. In this article, we explore the concept of self-praise and Nadeshiko Nadeshiko, delving into how it can positively impact your life.

Discovering the Essence of Nadeshiko Nadeshiko

In Japanese, the word "nadeshiko" refers to a pink fringed carnation, which in turn has come to symbolize the idealized version of a Japanese woman. The term "Nadeshiko Nadeshiko" emphasizes the repetition of this single word, further emphasizing its importance. It sets the standard for embodying strength, elegance, humility, and kindness all at once.



Self-praise and Nadeshiko (Nadeshiko books Book 3) by Youme Inoue(Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English

File size : 721 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Print length : 5 pages

Screen Reader : Supported



Historically, the portrayal of women in Japanese society has been rooted in traditional roles such as wife, mother, and caregiver. However, the Nadeshiko ideal goes beyond these stereotypes by emphasizing the inner and outer beauty, resilience, and independence that lies within every woman.

The Power of Self-Praise

**YOU HAVE POWER OVER YOUR MIND
— NOT OUTSIDE EVENTS. REALIZE THIS,
AND YOU WILL FIND STRENGTH.**
MARCUS AURELIUS



Self-praise is the act of acknowledging and celebrating your own accomplishments, abilities, and positive qualities. While it may seem counterintuitive in a society that often promotes humility, self-praise is an essential tool for building self-esteem, fostering self-love, and nurturing personal growth.

When you give yourself permission to recognize and appreciate your achievements, no matter how big or small, you create a positive feedback loop. This feedback loop reinforces your self-worth and motivates you to reach for even greater heights. Embracing self-praise allows you to break free from the shackles of self-doubt and embrace the strong, resilient Nadeshiko within.

Techniques to Embrace Your Inner Nadeshiko

1. Reflection and Gratitude Journaling

Take a moment each day to reflect on your accomplishments, both past, and present. Write them down in a gratitude journal, emphasizing how each achievement demonstrates your inner strength and resilience. This practice helps you to recognize the numerous ways in which you embody Nadeshiko Nadeshiko.

2. Positive Affirmations

Start your day by reciting positive affirmations that remind you of your worth and capabilities. Repeat phrases such as "I am strong," "I am resilient," and "I am worthy of praise." Manifesting these beliefs through daily affirmations strengthens your self-image and aligns you with your inner Nadeshiko.

3. Seek Support and Inspiration

Surround yourself with individuals who uplift and inspire you. Engage in conversations, join communities, or seek mentors who are aligned with your goals and values. By surrounding yourself with positivity and inspiration, you amplify the Nadeshiko within you, creating an environment that nurtures growth and self-love.

Embracing the Nadeshiko Nadeshiko Spirit

The journey of embracing your inner Nadeshiko is a continuous one. It requires patience, perseverance, and self-compassion. Remember that self-praise does not equate to arrogance or self-centeredness; instead, it is a way of celebrating your strengths and embracing your unique qualities.

As you become more comfortable with self-praise and adopt the Nadeshiko Nadeshiko spirit, you will notice a transformation within yourself. Your confidence will grow, empowering you to overcome challenges, inspire others, and create a positive impact on your surroundings.

Self-praise and the embodiment of Nadeshiko Nadeshiko are empowering and transformative practices that allow you to embrace your inner strength, resilience, and femininity. By acknowledging your accomplishments, fostering self-love, and seeking support, you can cultivate the spirit of Nadeshiko Nadeshiko within yourself and live a life filled with confidence, joy, and personal growth.

Remember, you are a Nadeshiko - a symbol of beauty, strength, and grace.



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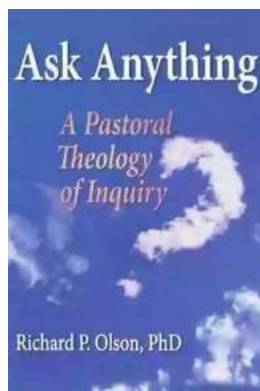
December 27, 2020

At The Westin Miyako Kyoto Hotel

The MRS NADESHIKO NIPPON 2020 Tournament was held.

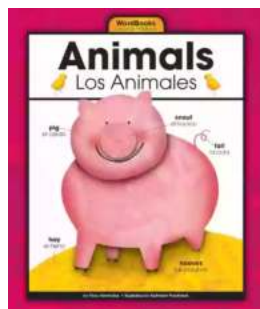
And I won the "Judge's Special Award Best Smile Award".

I have recorded here what I felt from receiving the award.



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