

Love Yourself

You are beautiful, you are worth it!

1. What are you most proud of? Think of things you have accomplished, whether you had set out to accomplish them or not.
2. What do you like most about yourself? List any and all things you like about yourself. Even just one thing about yourself will be better than none!
3. List three physical qualities you like about yourself. It could be something as simple as your eye color or something more complex, you decide!

4. List three personality traits/characteristics you like about yourself. Again, list things that are simple if it helps. *Anything* you feel comfortable listing is the right answer. Just make sure you list all three!

5. List three skills that you are proud to have. You have many skills, whether you can see that or not. Now is your chance to really think about what skills you have that are valuable to yourself or others.

6. List three experiences or lessons learned that you feel have shaped you into the person you are today, in a positive way. We all have many experiences like this. It can be hard to see the positive that comes from them sometimes but they are there!

7. What are three positive things that have happened recently?

8. What are three negative things that have happened lately that you can put a positive spin on? Think about what positive things have come from negative happenings.

Positive affirmations to practice telling yourself:

- **I am strong and I am capable!**
- **I *know* I can do this!**
- **Just do your best.** You don't have to be perfect and as long as you're doing your best, or striving to do your best, you will achieve so much!
- **I am beautiful and I am worth it.**
- **I am lovable.**