

SELF APPRECIATION

Make a list of all the things you like and appreciate about yourself. They can be small things or big things—please write down at least 12 things.

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**
- 6.**
- 7.**
- 8.**
- 9.**
- 10.**
- 11.**
- 12.**