

SELF APPRECIATION

MAKE A LIST OF ALL THE THINGS YOU LIKE AND APPRECIATE ABOUT YOURSELF. THEY CAN BE SMALL THINGS OR BIG THINGS.

WRITE DOWN AT LEAST 12 THINGS.

I LIKE TO TIME MYSELF LISTING THESE OUT LOUD – HOW MANY CAN YOU LIST IN 60 SECONDS? 30 SECONDS? 10 SECONDS?

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