

10 GOOD THINGS ABOUT MYSELF

Think about 10 things that are good and valuable about you and write each of them down.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Practice this every day. You can sometimes repeat what you've put, but think about new ones too! By practicing this, your view of yourself will grow in positive ways as you realize your many good qualities. You have so many excellent qualities to feel confident about.