

Building a Healthy Self-Image

Take a moment to reflect on the amazing person you are becoming.

1. Three things I love about who I am:
2. One compliment someone gave me recently that felt good:
3. What makes me feel most confident?
4. A challenge I've overcome that proves my strength:
5. Positive affirmations to remind myself of today:
 - I am _____
 - I deserve _____
 - I can _____
6. A kind thing I'll do for myself this weekend:

Remember: Self-love isn't selfish. It's essential.