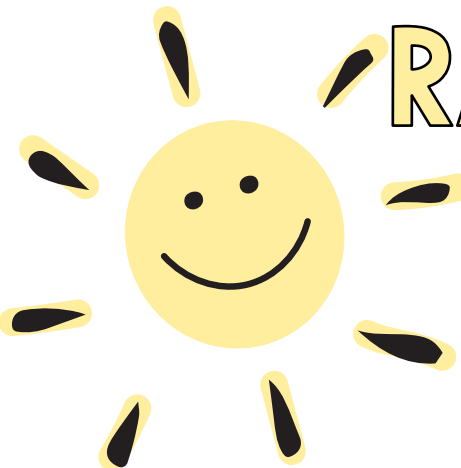


5 WAYS OF SHOWING self-love

- 5 Things I did well this week
- 4 Positive qualities I have
- 3 Achievements I have made
- 2 Interesting facts about me
- 1 Thing I love about myself





RAYS OF

sunshine

Always remember that you shine like the sun. Use the space below to write 9 ways in which you shine. *E.g I am kind, I am brave.*

I AM
BRIGHT
LIKE THE SUN