






INNER STRENGTHS

Make a list of the positive attributes you'd most like to be known for. Next time you don't feel quite 'good enough', come back to this list and remind yourself of all the qualities you bring to the world. Include acts of kindness, achievements you're proud of, fun memories, occasions when you've worked hard, and times you've supported family members or friends.



A large white rectangular area with horizontal dotted lines for writing.