Positive Self-affirmation

Things I Enjoy

_____
_____
_____
_____

Things I'm Good At

_____
_____
_____
_____

Things I do that are good for the world and/or other people

_____
_____
_____
_____

Write a positive self-affirmation about yourself based on the things you wrote above

_____
_____

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Have a great day- make the most of it!