

Name: _____

Date: _____

Compliment Yourself

You are amazing, really.
There are many things that make you unique. we can build
our confidence by reminding ourselves of the things that
make us great.

List at least 10 compliments about yourself.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____