



LOVE YOURSELF!



5 things I love about myself

1. _____
2. _____
3. _____
4. _____
5. _____

My week in feelings

3 things I accomplished this week

3 things I want to accomplish next week

1. _____
2. _____
3. _____

10 things I'm grateful for this week

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

A compliment to myself