

Self Esteem & Affirmations

Journaling is helpful to express how you are feeling through words.

I am Someone who...

Date

loves to...

.....

is the happiest when...

.....

has a goal to...

.....

is proud of...

.....

can...

.....

Three things I love most about myself are...

1.

2.

3.

This week I will embrace my... ..

.....

.....

.....

Remember, No one is you, and that is your super power!