

Self Appreciation

AND MOST OF ALL, I THANK ME!

BEAUTY IS WHEN YOU
APPRECIATE
YOURSELF. WHEN YOU
LOVE YOURSELF, YOU
ARE MOST BEAUTIFUL

ZOE KRAVITZ

WHAT IS SOMETHING I AM GOOD AT?

WHAT IS A UNIQUE QUALITY ABOUT ME?

**WHAT IS A RECENT GOAL I HAVE MET OR CHALLENGE I
HAVE OVERCOME?**

WHAT IS SOMETHING GOOD I DID TODAY?

**WHAT IS ONE WAY I CAN SHOW MYSELF THAT I
APPRECIATE ME TODAY?**