



Write the top three challenges
you overcame below.



Write your top three
achievements next to these
medals.



If you needed a pep
talk, what would you
say to yourself?



Write your favorite
compliment you've
received.

Write 5 great qualities
you have.

What encouraging advice
would you give to your
younger self?



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If you weren't afraid, what
would you like to do right
now? Write your answer
below:



Building SELF-ESTEEM

Follow a page every day
this week to build
self-esteem!

