

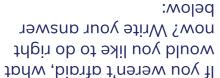


Write the top three challenges you overcame below.











Write your top three achievements next to these medals.



Write 5 great qualities you have.



What encouraging advice would you give to your younger self?



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



Write your favorite compliment you've received.



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





