MY STRENGTHS

SKILLS I AM PROUD OF

THINGS PEOPLE LIKE ABOUT ME

ACHIEVEMENTS

DREAMS AND GOALS

WHY I DESERVE TO BE HERE
DATE: ______________________  TODAY IN ONE WORD: ______________________

FIVE THINGS I LIKED ABOUT MYSELF TODAY: ______________________
_______________________
_______________________
_______________________
_______________________

SOMETHING NICE I WANT TO REMEMBER ABOUT TODAY: ______________________
_______________________
_______________________
_______________________
_______________________

I AM GRATEFUL FOR: ______________________
_______________________
_______________________
_______________________
_______________________

I AM PROUD OF THIS: ______________________
_______________________
_______________________
_______________________
_______________________

POSITIVE NOTE TO MY FUTURE SELF: ______________________

DATE: ______________________  TODAY IN ONE WORD: ______________________

FIVE THINGS I HAVE ACHIEVED IN MY LIFE SO FAR: ______________________
_______________________
_______________________
_______________________
_______________________

FIVE THINGS I AM REALLY GOOD AT: ______________________
_______________________
_______________________
_______________________
_______________________

MY FAVORITE MEMORY OF TODAY: ______________________
_______________________
_______________________
_______________________
_______________________

FAVORITE THING ABOUT ME TODAY: ______________________
_______________________
_______________________
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POSITIVE NOTE TO MY FUTURE SELF: ______________________
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**Achievements**

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