

Self-Love: Learning to Be Kind to Yourself

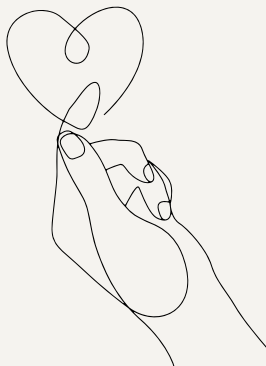
*Self-love isn't about being perfect.
It's about recognizing the strength it takes to keep going.*

Things I Like or Appreciate About Myself:

What makes you unique, kind, strong, thoughtful?

Proud Moments:

Things you've done, big or small, that matter to you



Hopes and Dreams for This Year:

It's okay if they change, write what you hope for today.

A Message to My Younger or Future Self:

What would you want them to know about who you are today:
