



10 positive aspects about myself:

1.

2.

3.

4.

5.

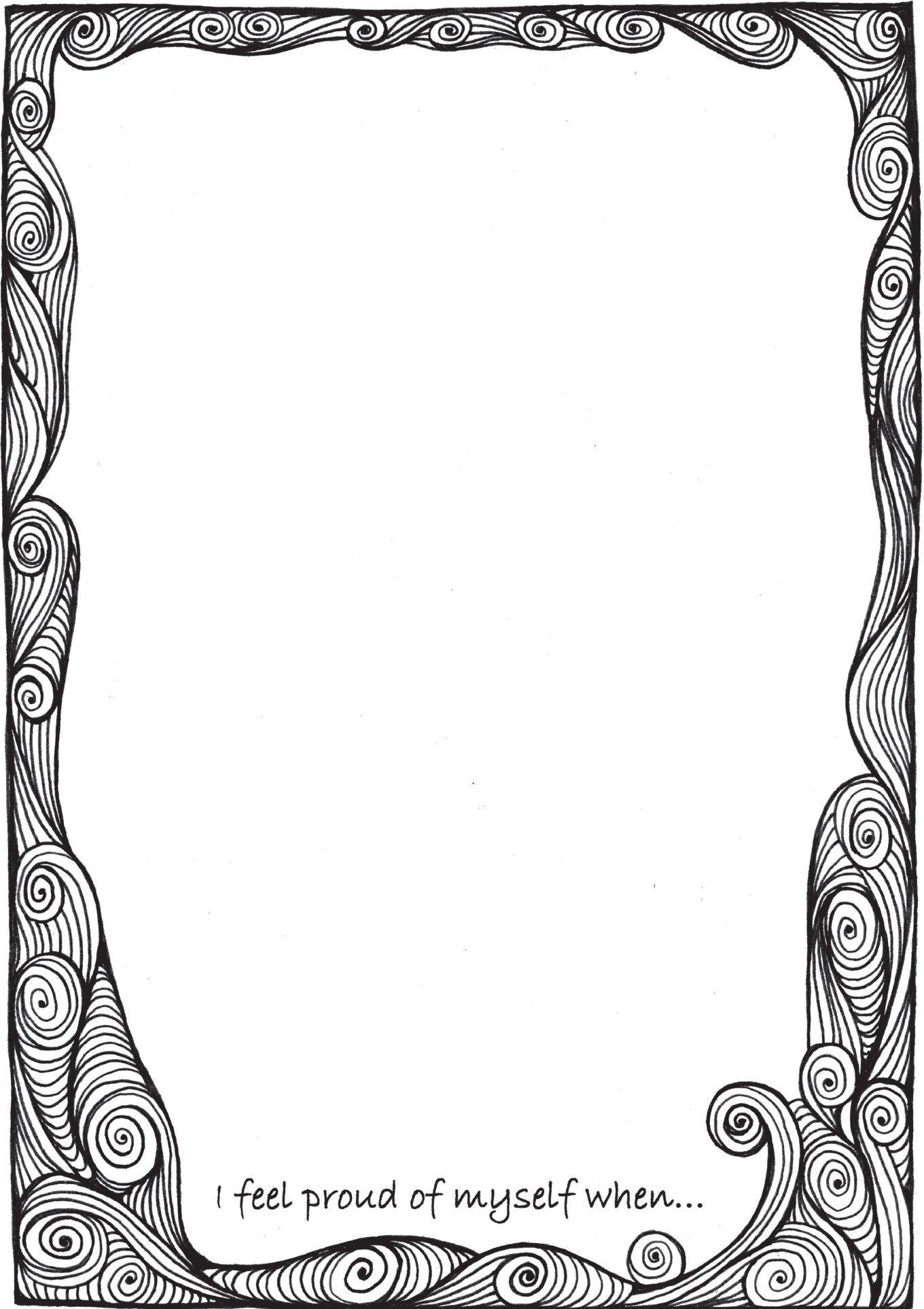
6.

7.

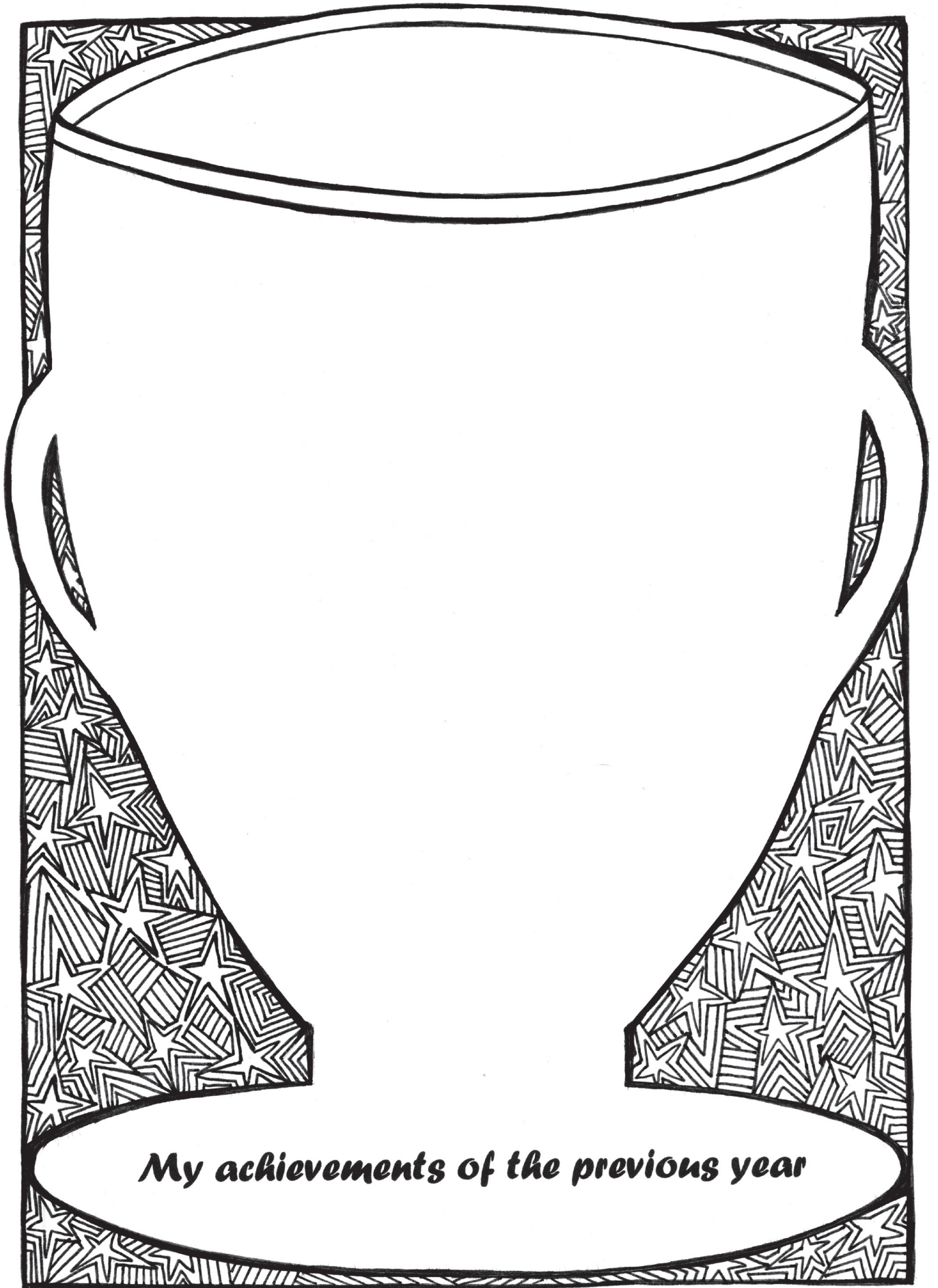
8.

9.

10.



I feel proud of myself when...



*My achievements of the previous year*





1.

2.

3.

4.

5.

6.

7.

8.

9.

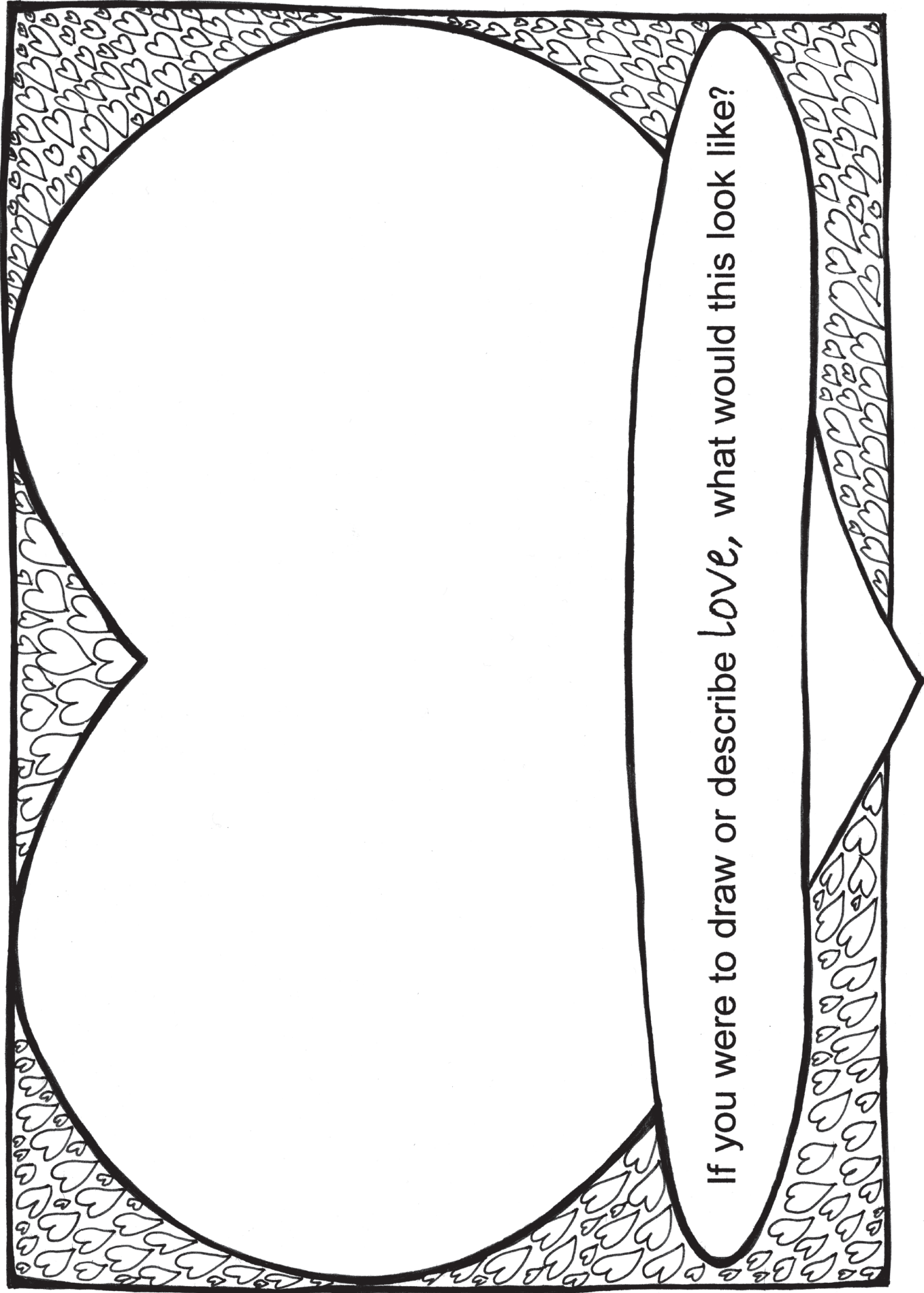
10.

10 things I love about my life...



If you were to draw or describe **anxiety**, what would this look like?

If you were to draw or describe *love*, what would this look like?





Today, I'm going to appreciate...