

# Self Appreciation

Make a list of things you appreciate about you. They can be big or small:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
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25. \_\_\_\_\_



Brainstorm some kind, compassionate thoughts you can say to yourself regularly.

- Keep it simple.
- Make it something you can believe.
- It doesn't have to be unique.
- You don't have to embody this in every area of your life.
- There is no right or wrong as long as it is inspiring to you and creates a useful emotion for you to operate from.

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