

Self Love

1. Your Name
2. One Characteristic You Like About Yourself
3. One Characteristic You Like About Yourself
4. One Characteristic You Like About Yourself
5. One Characteristic You Like About Yourself
6. One Characteristic You Like About Yourself
7. One Characteristic You Dislike About Yourself
8. One Characteristic You Dislike About Yourself
9. One Characteristic You Dislike About Yourself
10. Number Of Times In A Day You Would Say I Love You To A Loved One
11. What Is An Accomplishment You Are Proud Of

Self Love

Dear Your Name ,

Do you remember that little survey you took at TheatreWorx? Well this is what it was for.

You call yourself One characteristic you like about yourself , One characteristic you like about yourself ,
 One characteristic you like about yourself , One characteristic you like about yourself , and One characteristic you like
about yourself but I also know that you think you are One characteristic you dislike about yourself ,
 One characteristic you dislike about yourself , and One characteristic you dislike about yourself but in reality you are so
much more than those little words, because those words mean nothing. I want you to hear from yourself "I
LOVE YOU" Number of times in a day you would say i love you to a loved one times today and everyday after. If you ever
feel down about yourself thinking you cannot do anythings remember you accomplished What is an
accomplishment you are proud of ? That must've felt awesome! So always remember to try to feel good about yourself
and love yourself whenever you feel down. You are beautiful for so many different reasons so don't let little
things bring you down! You can get through it.

If you know someone who needs to hear this message today, simply tell them they are important and should care
about themselves. You never know who you could save today.

-Love Yourself

