

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

