

Self - Encouragement

1. One Trait You Like About Yourself (Ex. Smart, Loyal)
2. One Trait You Like About Yourself (Ex. Smart, Loyal)
3. One Trait You Like About Yourself (Ex. Smart, Loyal)
4. One Trait You Like About Yourself (Ex. Smart, Loyal)
5. One Trait You Like About Yourself (Ex. Smart, Loyal)
6. One Trait You Dislike About Yourself (Ex. Annoying)
7. One Trait You Dislike About Yourself (Ex. Annoying)
8. One Trait You Dislike About Yourself (Ex. Annoying)
9. Number Of Times In A Day You Would Say I Love You To A Loved One
10. What Is An Accomplishment You Are Proud Of (Ex. Learning To Ride My Bike, Passing My English Exam)

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Dear You,

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

You call yourself _____ One trait you like about yourself (ex. Smart, loyal) _____, _____ One trait you like about yourself (ex. Smart, loyal) _____,

_____ One trait you like about yourself (ex. Smart, loyal) _____, _____ One trait you like about yourself (ex. Smart, loyal) _____, and _____ One trait you

like about yourself (ex. Smart, loyal) _____ but I also know that you think you are _____ One trait you dislike about yourself (ex. annoying) _____,

_____ One trait you dislike about yourself (ex. annoying) _____, and _____ One trait you dislike about yourself (ex. annoying) _____ 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 accomplished _____ What is an _____

accomplishment you are proud of (ex. Learning to ride my bike, Passing my english exam) _____ ? 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

