

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

