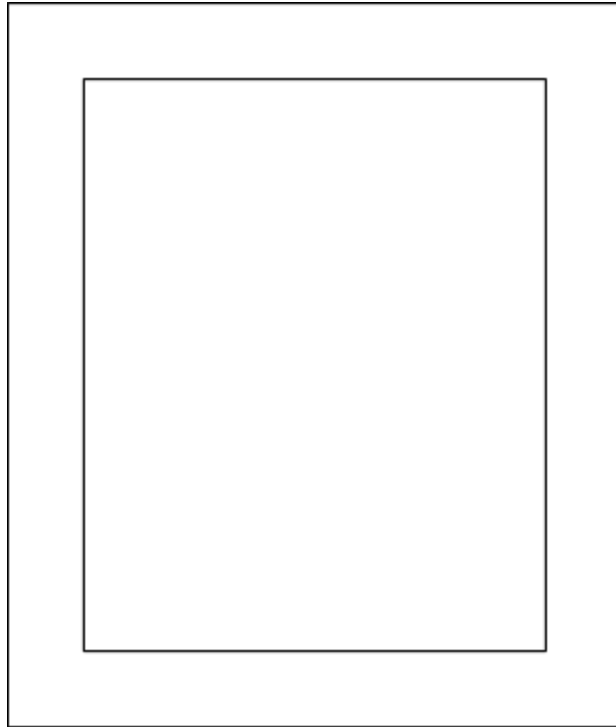


IT'S IMPORTANT TO REMEMBER TO LIKE YOURSELF, EVEN IN YOUR TOUGHEST MOMENTS.

SOMETIMES THIS IS HARD, SO YOU CAN USE SELF-AFFIRMATION TO REMIND YOURSELF THAT YOU ARE STILL GOOD EVEN WHEN YOU MAKE MISTAKES.



MY NAME

I LIKE MY _____.

I CAN _____.

I LIKE ME WHEN I AM _____.

I AM GOOD AT _____.

"I LOVE AND ACCEPT MYSELF."

