

Love

1. What Is A Characteristic About Yourself That You Admire
2. What Is A Characteristic You Hate About Yourself
3. What Is A Characteristic You Hate About Yourself
4. What Is A Characteristic You Hate About Yourself
5. What Is A Characteristic You Hate About Yourself
6. What Is A Characteristic You Hate About Yourself
7. How Many Times Should You Say
8. What Is An Accomplishment You Are Proud Of

Love

Dear _____
what is a characteristic about yourself that you admire

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

You are _____
what is a characteristic you hate about yourself, _____
what is a characteristic you hate about yourself, _____
what is a characteristic you hate about yourself, _____
what is a characteristic you hate about yourself, _____
what is a characteristic you hate about yourself

I know you may label yourself as here, here, here but in reality you are so much more than those little words that are meaningless. I want you to hear from yourself "I LOVE YOU" _____
how many times should you say "I Love You" in a day

_____ amount of times today and everyday after. If you ever feel down about yourself thinking you cannot do anythings remember you accomplished this _____
What is an accomplishment you are proud of Always remember

to feel good about yourself and love yourself.

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