

You

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 Quality You Hate About Yourself
8. One Quality You Hate About Yourself
9. One Quality You Hate About Yourself
10. Number Of Times You Would Say I Love You To A Loved One
11. What Is An Accomplishment You Are Proud Of

You

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 quality you hate about yourself, _____ One quality you

hate about yourself _____, and _____ One quality you hate 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 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