

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 Characteristic You Hate About Yourself
8. One Characteristic You Hate About Yourself
9. One Characteristic You Hate About Yourself
10. Number Of Times In A Day 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 characteristic you hate about yourself, _____
One

characteristic you hate about yourself, and _____
One characteristic 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 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 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

