

Self Love

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 Dislike About Yourself
8. One Characteristic You Dislike About Yourself
9. One Characteristic You Dislike 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

Self Love

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 dislike about yourself,

One characteristic you dislike about yourself, and _____
One characteristic you dislike 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

