## Self - Encouragement

- 1. One Trait You Like About Yourself (Ex. Smart, Loyal)
- 2. One Trait You Like About Yourself (Ex. Smart, Loyal)
- 3. One Trait You Like About Yourself (Ex. Smart, Loyal)
- 4. One Trait You Like About Yourself (Ex. Smart, Loyal)
- 5. One Trait You Like About Yourself (Ex. Smart, Loyal)
- 6. One Trait You Dislike About Yourself (Ex. Annoying )
- 7. One Trait You Dislike About Yourself (Ex. Annoying)
- 8. One Trait You Dislike About Yourself (Ex. Annoying )
- 9. Number Of Times In A Day You Would Say I Love You To A Loved One
- 10. What Is An Accomplishment You Are Proud Of (Ex. Learning To Ride My Bike, Passing My English Exam)

## Self - Encouragement

Dear You,

Do you remember that little survey you took at TheatreWorx? Well this is what it was for.
You call yourself \_\_\_\_\_\_ One matives like about connect (es. Smart. level) \_\_\_\_\_, \_\_\_\_ One matives like about connect (es. Smart. level) \_\_\_\_\_, and \_\_\_\_\_\_ One matives like about connect (es. Smart. level) \_\_\_\_\_\_, and \_\_\_\_\_\_ One matives diske about connect (es. Smart. level) \_\_\_\_\_\_, one trait condictive about connect (es. Smart. level) \_\_\_\_\_\_, and \_\_\_\_\_\_ One trait condictive about connect (es. Smart. level) \_\_\_\_\_\_, but I also know that you think you are \_\_\_\_\_\_\_ One trait condictive about connect (es. Smart. level) \_\_\_\_\_\_, and \_\_\_\_\_\_\_, one trait condictive about connect (es. annexing ) \_\_\_\_\_\_, 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 advectors would set (1 love You to a loved one \_\_\_\_\_\_\_) times today and everyday after. If you ever feel down about yourself thinking you cannot do anythings remember accomplished \_\_\_\_\_\_\_. What is an \_\_\_\_\_\_\_\_ eccomplishment (on are proof of (es. Learning to fide my blic. Passing my english etcom) \_\_\_\_\_? 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

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