

Self Worth

1. Name _____
2. One Trait You Like About Yourself (Ex. Humourous, Smart, And Loyal) _____
3. One Trait You Like About Yourself (Ex. Humourous, Smart, And Loyal) _____
4. One Trait You Like About Yourself (Ex. Humourous, Smart, And Loyal) _____
5. One Trait You Like About Yourself (Ex. Humourous, Smart, And Loyal) _____
6. One Trait You Like About Yourself (Ex. Humourous, Smart, And Loyal) _____
7. One Trait You Dislike About Yourself (Ex. Annoying, Boring) _____
8. One Trait You Dislike About Yourself (Ex. Annoying, Boring) _____
9. One Trait You Dislike About Yourself (Ex. Annoying, Boring) _____
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 (Ex. Learning To Ride My Bike, Passing My English Exam) _____

Self Worth

Dear _____
Name,

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

You call yourself _____
One trait you like about yourself (ex. Humourous, Smart, and loyal), _____
One trait you like about yourself (ex.

Humourous, Smart, and loyal), _____
One trait you like about yourself (ex. Humourous, Smart, and loyal), _____
One trait you like about yourself

(ex. Humourous, Smart, and loyal), and _____
One trait you like about yourself (ex. Humourous, Smart, and loyal) but I also know that you

think you are _____
One trait you dislike about yourself (ex. Annoying, boring), _____
One trait you dislike about yourself (ex. Annoying, boring),

and _____
One trait you dislike about yourself (ex. Annoying, boring) 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 anything remember that time you accomplished _____
What is an accomplishment you are proud of (ex. Learning

to ride my bike, Passing my english exam) _____? 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

