

Focus on YOU!

My Strengths: Write down three things you are really good at:

1. _____
2. _____
3. _____

Gratitude Check: List three things you are grateful for today:

1. _____
2. _____
3. _____

Catching Comparison

Think of a time when you compared yourself to someone else. What happened, and how did it make you feel?

Flip It!

Now, write something positive about yourself in that same situation:

Celebrate Others

Think of a friend or family member who did something amazing. Write a note of encouragement to them:

Dear _____,

I think you are amazing because _____. You inspire me because _____.

From, _____

Final Thought: Look at your answers-see how awesome you are? Keep focusing on YOUR strengths and happiness!