

APPRECIATING MYSELF WORKSHEET

PERSONAL STRENGTHS REFLECTION



What unique skills do you have?
When do you feel most confident?
List 3 traits you admire in yourself.



GROWTH MINDSET GRATITUDE SHEET



What was a challenge you faced?
What valuable lesson did you learn from it?
Name one skill you're proud of developing.



SMALL VICTORIES JOURNAL



Name three small things you accomplished today
(even tiny ones). How did these small steps
make you feel? Celebrate them here!



REFLECTING ON KINDNESS & RESILIENCE

Recall a time you were kind to yourself this week.
How can you show yourself more grace?
What is one goal for your self-care?



