

You are important

Everyone is important and every living person has value and purpose. When you start focusing on what you can do and how your actions affect other people, it is much easier to see how important you really are. Your physical body allows you to do all these things. Without your body, you would not exist and you would not be able to do those things that matter.

"You are perfect. To think anything less is as pointless as a river thinking that it's got too many curves, or that it moves too slowly, or that its rapids are too rapid."
- Jen Sincero



Each day, write down two things you like about yourself, or two things you have done, tried or achieved.

Monday

1. _____
2. _____

Tuesday

1. _____
2. _____

Wednesday

1. _____
2. _____

Thursday

1. _____
2. _____

Friday

1. _____
2. _____

Saturday

1. _____
2. _____

Sunday

1. _____
2. _____



Try and write something different every day. You can look back at this list to remind yourself of what is great about you.



If you want to keep this up for more than a week, get a small notebook to use as a journal.

