

Thoughts and facts about myself

Choose one day (any day) this week, sit down and give some thought to the **statements about you**. Then write down anything that comes to mind in the space provided. If you need more space, use the **back** side of the page. Use this time to focus your thoughts on appreciating yourself and those you love and support.

Name: _____ **Date:** _____

Things I like about **Myself**:

Things I would like to change about **Myself**:

A list of what **I have** that I enjoy and cherish:

A list of **my goals** in life:

What can I do today to move one step closer to one of my goals?
