

Kind Thoughts About Myself.

I am beautiful inside and out.

I am caring.

I have a family that loves me very much.

I am kind to others.

I am capable of achieving whatever I put my mind to.



I am good at _____

I am good at _____

I am good at _____

I am good at _____

I am good at _____

Complete the sentences above.

Decorate this worksheet with stickers, glitter or drawing.

Read it out loud every day to inspire and
remind you exactly how WONDERFUL you are!