

Feb 20th, Tip of the week: Celebrate Yourself

This week, you will celebrate yourself by highlighting your qualities and strengths.

Name three compliments you've received from others.

1. _____
2. _____
3. _____

Name three things you are good at.

1. _____
2. _____
3. _____

Name three things you like about your personality.

1. _____
2. _____
3. _____

Name three things that make you unique.

1. _____
2. _____
3. _____

