

LOVE

NAME:

DATE:



YOURSELF

MY NAME IS BEAUTIFULLY MADE. WHAT IS THE SIGNIFICANCE BEHIND YOUR GIVEN NAME?

SELF-ESTEEM

What are two things you love about yourself? It can be anything!

1

2



KINDNESS

Be kind to yourself this year. What is something you are typically hard on yourself about that you will offer yourself some grace for this week, month, or year?



SWEETNESS

Get creative! Sketch or jot down your absolute favorite foods and sweet snacks that set your taste buds on fire!



SPREAD YOUR KINDNESS

Reflecting on the areas where your support and guidance can make a positive difference in someone else's journey toward self-kindness.

What simple acts of encouragement, understanding, or support can you offer to those around you?



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RADIATE POSITIVITY: SHARE THE MOMENT THAT BROUGHT A SMILE TO YOUR FACE IN THE LAST 24 HOURS!



FLEX A LITTLE

What's something you're most proud of?



TRY SOMETHING NEW

What is one new activity, alternative, or engaging opportunity you can try this week, month, or year?

learn
SOMETHING
- new -
EVERYDAY

COMMUNITY

Who is one person who, no matter what, makes you feel your worth each and every day? How do they demonstrate love and kindness in your life?



MUST SEE SHOW

Name one movie/show we can all agree we need to watch this February?

