

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

## SELF-ESTEEM

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



2



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!

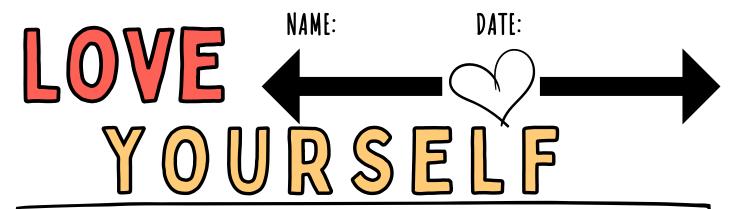
## SPREAD YOUR KINDNESS

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?







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?



# 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 romantic movie/show we can all agree we need to watch this February?



FRIENDS