Name	Date
Nume	Date

WRITE A LETTER of APPRECIATION TO YOURSELF



	Everyone has moments when they feel confident and moments when they experience self-doubt. But self-appreciation —seeing the inherent value in yourself, no matter how you are feeling or what your life circumstances may be at the moment—can be even more powerful when it comes to your overall self-esteem and well-being. When you appreciate yourself, you are willing to accept your strengths <i>and</i> your flaws. Use the space below to write a letter of appreciation to yourself. You may wish to describe a quality you are grateful for, acknowledge a way that you are showing growth or resilience, or simply express who you are as a unique individual.
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