

Things I Like About Me!

At the end of each session please write one positive thing about yourself, something you like about yourself or something that makes you special as a reference for yourself as why you are a special person.

Session 1: _____

Session 2: _____

Session 3: _____

Session 4: _____

Session 5: _____

Session 6: _____

Session 7: _____

Session 8: _____

Session 9: _____

Session 10: _____

Session 11: _____

Session 12: _____