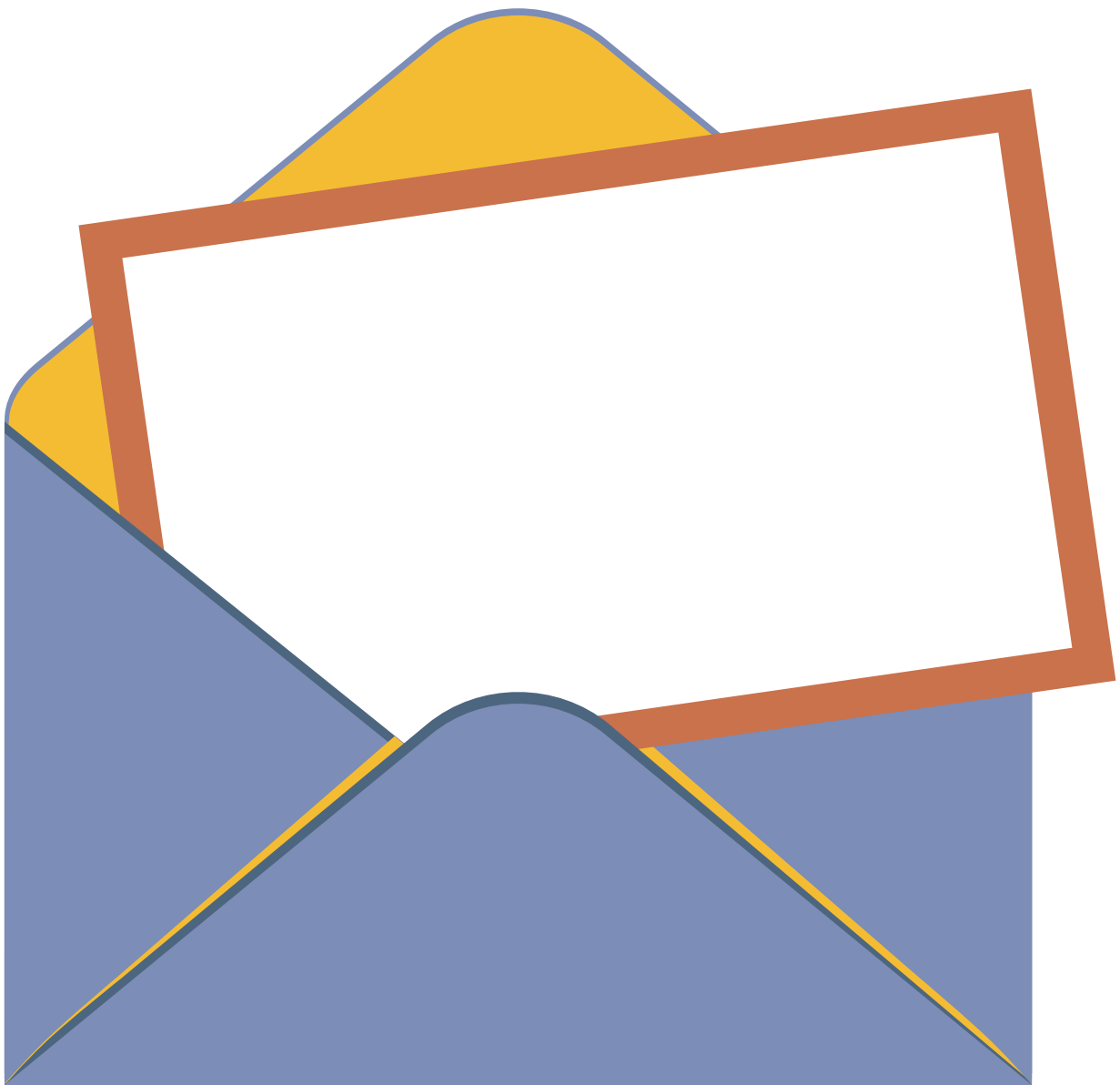


self appreciation

Write yourself a messages that shares what you most appreciate about your life, your personality, and your overall qualities and abilities. Take a moment to reflect on your growth and share some words of compassion.





gratitude

Write a letter to someone that you would like to express gratitude for. Include how they have positively affected you in the past/present, actions, and qualities that you feel do not go unnoticed!

A large rectangular box with a decorative border. The border consists of alternating purple and brown diagonal stripes. The interior of the box is white, providing space for writing a letter.