

As you try to change, remember:



Do this everyday for 5 days to remember your value:

1 Pick a couple of people that are close to you

Parent

Teacher

Coach

Sibling

Friend

Relative

2 Ask each person: What is one positive thing I might not know about myself?

Write their answers:

1 _____

2 _____

3 _____

3 Use answers on Question 2 to write "I am..." statements below:

I AM

I AM

I AM
