


# Word of the Month

Self-assurance comes from within - we have to be able to build ourselves up.

Write three compliments about yourself:

_____

_____

_____

Write three things you are good at:

_____

_____

_____

Write three things you know you will get better at doing:

_____

_____

_____

CHALLENGE: Next time you have to do something that makes you nervous or feel bad about yourself, or if someone teases you, instead of getting upset, I want you to remember one thing you wrote on each of these lines.

Ex: I have a great sense of humor, I am good at baking cookies and cakes, and I'm going to get better at math. I know today was rough - but I still believe in myself!