



I Love Myself Worksheet

Complete these sentences.

1. I'm good at...
2. I like/love myself because I...
3. I'm proud of myself because...
4. What I like about my body or physical appearance are my...
5. I am unique because...



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Complete these sentences.

6. My family is proud of me because I...

7. My friends would tell you that I am good at...

8. I know I will fulfill my dreams and reach my goals because I...

9. Today, I had fun because...

10. Something that I did well today is...