

MY BEST POSSIBLE SELF

WE TEND TO FOUS ON THE NEGATIVE AND WHAT WE DON'T HAVE BUT BY FOCUSING ON OUR UNIQUE STRENGTHS AND POSITIVE TRAITS WE BECOME HAPPIER, MORE CONFIDENT AND LOVE OURSELVES AS PERFECTLY IMPERFECT!

IMAGINE YOU ARE A JOURNALIST WRITING AN ARTICLE ABOUT YOU TO YOUR FANS. WRITE DOWN ALL OF THE GREAT THINGS HE/SHE WOULD SAY ABOUT
YOU. DON'T HOLD BACK!