

\_\_\_\_\_ Your name

\_\_\_\_\_ Favorite food

\_\_\_\_\_ A skill you're proud of (starting with present tense verb)

\_\_\_\_\_ A compliment you've been given (adjective)

\_\_\_\_\_ A past mistake you made (starting with past tense verb)

\_\_\_\_\_ A past success you did (starting with past tense verb)

\_\_\_\_\_ Favorite endearment for yourself

\_\_\_\_\_ Negative adjective you use to describe yourself

\_\_\_\_\_ Positive adjective others use to describe you

\_\_\_\_\_ Positive adjective you use to describe yourself

\_\_\_\_\_ Your long-term goal (start with present tense verb)

\_\_\_\_\_ One of your strengths

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\_\_\_\_\_ Favorite self-care activity (start with present tense verb)

\_\_\_\_\_ Supportive person/people in your life

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ } A quote you live by

## A few of my favorite things...

1. A time you would like to wake up at: \_\_\_\_\_
2. Object or part of your room that you like (noun): \_\_\_\_\_
3. Favorite song (title): \_\_\_\_\_
4. Favorite outfit: \_\_\_\_\_
5. Favorite breakfast meal: \_\_\_\_\_
6. Activity you love to do (start with present tense verb):  
\_\_\_\_\_
7. Activity you love to do (start with present tense verb):  
\_\_\_\_\_
8. Person you love to spend time with (name): \_\_\_\_\_
9. Favorite food: \_\_\_\_\_
10. Favorite dessert: \_\_\_\_\_
11. Favorite drink: \_\_\_\_\_
12. Recent accomplishment you are proud of (start with past tense verb):  
\_\_\_\_\_
13. Your favorite relaxing activity at night (start with a verb ending in -ing):  
\_\_\_\_\_
14. People or things you are thankful for: \_\_\_\_\_
15. People or things you are thankful for: \_\_\_\_\_
16. Place you'd love to visit or travel to: \_\_\_\_\_

Dear

\_\_\_\_\_, You are about the greatest thing since  
\_\_\_\_\_. No one else can  
\_\_\_\_\_ like you can. Your best friends say you are the  
\_\_\_\_\_ est person in the world. Sure, you once  
\_\_\_\_\_, but setbacks happen sometimes. Don't forget when you  
\_\_\_\_\_ before. So,  
\_\_\_\_\_, today is the day you're going to stop beating yourself up for being  
\_\_\_\_\_ and start loving yourself for being  
\_\_\_\_\_, and  
\_\_\_\_\_. Don't forget that you set a goal for yourself to  
\_\_\_\_\_ and you'll need your  
\_\_\_\_\_ and  
\_\_\_\_\_ strengths to get you there. If life gets difficult, you can  
\_\_\_\_\_ to recharge yourself. Always know that  
\_\_\_\_\_ is/are there to support you. And remember...

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# *A Wonderful Day*

The sun is shining and after an amazing night's sleep, you stretch and open your eyes at \_\_\_(1)\_\_\_\_. You take a minute to appreciate your \_\_\_(2)\_\_\_\_. When you're ready to get out of bed, you listen to \_\_\_(3)\_\_\_ as you get ready. You decide to wear your favorite \_\_\_(4)\_\_\_\_ and head to the kitchen to eat your favorite breakfast, \_\_\_(5)\_\_\_\_. After breakfast, you get really excited because you know you have the whole day to \_\_\_(6)\_\_\_\_ and maybe even \_\_\_(7)\_\_\_\_. You might even call \_\_\_(8)\_\_\_\_ to join you on this wonderful day.

After a long, fun day spent doing things you love, you sit down to have your favorite meal. This is the meal you always tell people you'd choose if you were stranded on a desert island and could only eat one thing for the rest of your life. Your meal includes \_\_\_(9)\_\_\_\_, \_\_\_(10)\_\_\_\_, and \_\_\_(11)\_\_\_\_. Before dinner, you toast to a recent major accomplishment that you are incredibly proud of: You \_\_\_(12)\_\_\_\_. Before you wrap up for the night, you take some time to unwind by \_\_\_(13)\_\_\_\_. You think about your life and remember that you are so thankful to have \_\_\_(14)\_\_\_\_ and \_\_\_(15)\_\_\_\_ in your life.

And let's not forget your plans for tomorrow! You'll be heading out to \_\_\_(16)\_\_\_\_ for another exciting day. But for tonight, you can go to sleep with a huge smile on your face. You feel relaxed, happy, and joyful because you've made this day happen and it truly was a wonderful day.