

# NEW YEAR ATTRIBUTE & AFFIRMATIONS TASK

BELIEVE IN  
YOURSELF

Name & Date

As the New Year settles around you, take time to reflect & celebrate the attributes that make you unique while putting together affirmations to build your inner feelings of worth and confidence.

THINGS I LIKE ABOUT ME

I AM GOOD AT

BE BRAVE

DO IT FOR YOURSELF

ATTRIBUTES	

AFFIRMATIONS	

KNOW YOUR WORTH

