

BELIEVE  
IN YOURSELF  
WITH ALL  
YOUR  
HEART  
AND  
SOUL



You must be father to your own son, mother to your own daughter. You must love yourself enough to care and nurture your being. No one else can love you as fully as you do yourself.

CONSIDER:

Can you remember a time when you were kind and loving to yourself? When?

(TYPE HERE)

Handwriting practice lines for the reflection section.

