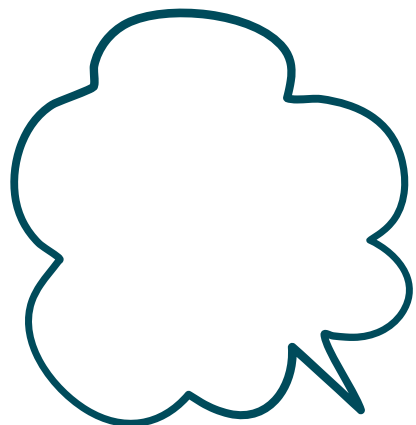


SELF-TALK REFLECTION

Directions: Reflect on your strengths, qualities, and accomplishments that make you unique and valuable. Be honest and kind to yourself as you write these reflections. By recognizing your value, you can build confidence and resilience. You are awesome, and you matter! Have fun and enjoy the process.



I MATTER
BECAUSE...

