



Print out this A4 graphic & follow the step by step guide.

Do this exercise often to help you deal with emotions, and build your self confidence.

EXAMPLES

You are amazing.

You are a great friend.

You make a difference in the world.

You are important.

You matter.

You are enough!

I love you.

GUIDE

1. Write at least 5 genuine compliments to yourself, inside the mirror.
2. Practice picking up the mirror and reading these statements to yourself.
3. Also practice reading those statements into a real mirror.

Say them with confidence!