

My 'Love Letter' to Myself

The purpose of this exercise is for you to identify your many great qualities and how they benefit you. You also will come up with ways to practice your strengths in daily life. This self-love exercise will help you to focus on your best traits, abilities and talents. In doing so, you are on your way to becoming a more self-confident and resilient individual.

Step 1: Think about the things you love most about yourself. Focus on qualities of your personality that make you unique, strong or lovable. For example:

- ♥ I am: *Honest*
- ♥ I am: *Brave*
- ♥ I am: *Creative*

Now list your positive qualities below:

- ♥ I am:

Step 2: Consider the ways in which these qualities have benefited you or someone else in your life. For example:

- ♥ *The quality of honesty has benefited me because my boss trusts me to work on important projects independently.*
- ♥ *The quality of bravery has benefited me because I got through a very painful situation in my life and became stronger because of it.*
- ♥ *The quality of creativity has benefited me because I have created artwork that I am proud to display in my home.*

Now list the benefits of your positive qualities below:

- ♥ The quality of _____ has benefited me because: _____

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- ♥ The quality of _____ has benefited me because: _____

- ♥ The quality of _____ has benefited me because: _____

- ♥ The quality of _____ has benefited me because: _____

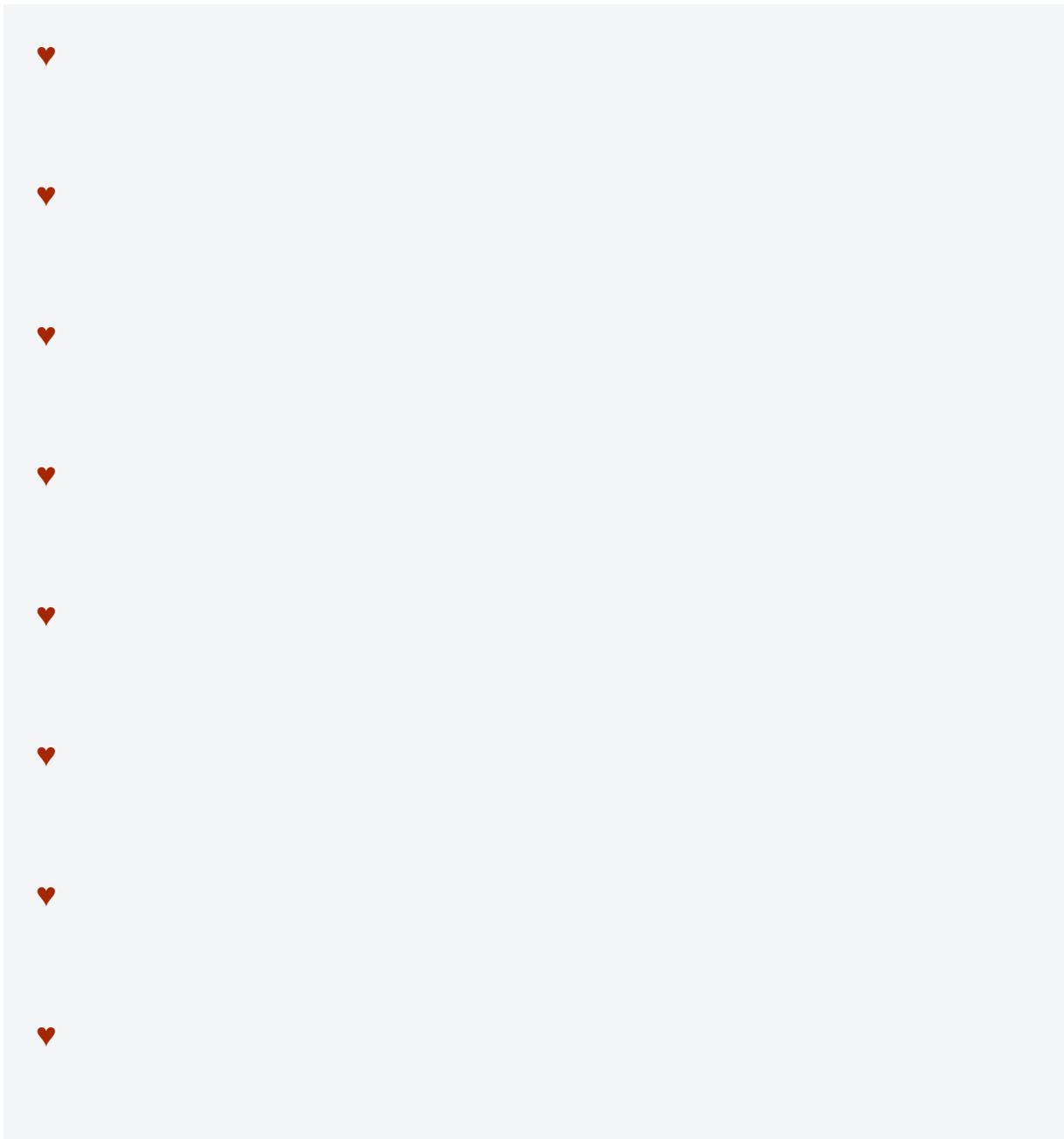
- ♥ The quality of _____ has benefited me because: _____

- ♥ The quality of _____ has benefited me because: _____

Step 3: Next come up with ways to honor these qualities in ways that are personally meaningful to you. For example:

- ♥ *I will remind myself that I am a good and honest person each day.*
- ♥ *When faced with challenges, I will remember the times I have overcome adversity in my life.*
- ♥ *I will continue to create because doing so makes me feel more fulfilled and content.*

Now list the ways you will honor your positive qualities below:



Now that you have completed your “letter,” keep it handy and feel free to add to it when you learn more wonderful things about yourself!

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