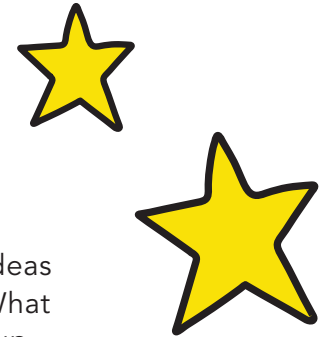


# I am AWESOME!



There is no one like you and you are awesome! Being kind to ourselves is important and can even help us be kind to others. When we take the time to practice positive thinking and self-talk, our mental health is better!

Do your best to come up with new ideas today about how you are amazing! What are you proud of yourself for? Keep up the good work!

List at least three ways that you are awesome every day for the next week. At the end of the week, take time to reflect on all of the strengths you've listed.

Day \_\_\_\_\_

Day \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



**ON OUR SLEEVES**<sup>®</sup>  
The Movement for Children's Mental Health



dayton children's

