15 WAYS TO BE ME

You are amazing and the only YOU there is! Take time to celebrate yourself.

1. Write down something you love about yourself.
2. Write a kind note to yourself to read in the future.
3. Explore new interests.
4. Love yourself for who you are.
5. Post a positive note about yourself on your mirror.
6. Set a small goal – write it down, and begin working towards it.
7. Write down your feelings in a journal.
8. Draw a picture about your feelings.
10. Embrace your feelings – good or bad.
11. Take a silly photo of yourself.
12. Be patient with yourself.
13. Don’t speak harshly or criticize yourself.
14. Speak as kindly to yourself as you would to a friend.
15. Forgive your mistakes.

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