

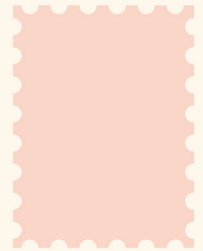


## A LETTER TO MYSELF

In the age of social media, many people spend hours looking at perfect photographs of celebrities on Instagram. This often creates unrealistic standards of beauty which may in turn result in a lack of appreciation for ourselves. So once in a while, it's good to take a step back and reflect on the many things that make you unique. In this simple exercise, you and a friend can help each other along the way!

### INSTRUCTIONS:

1. Cut along the dotted lines. Give one letter sheet to a close friend. Keep one sheet for yourself.
2. Ask your friend to write down the things they appreciate about you. On your sheet, write down the things you appreciate about them.
3. Exchange letters with each other and keep them in a safe place.
4. Take out the letters whenever you need a reminder of the awesome person that you are!

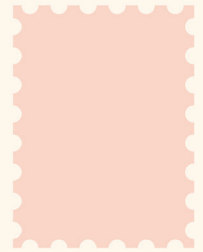


A special letter

TO: \_\_\_\_\_







A special letter

TO: \_\_\_\_\_