

Look in the mirror and read the verse.

Do you know that God loves YOU, he made YOU and YOU are a delight to him!

You are unique.

We must try to love ourselves!

Write a prayer on a post-it, reflecting something you are thankful for about yourself…

“Thank you for my laugh, my eyes, my friendliness, my courage …”

“I love my skin, my smile, my voice, my attitude….”