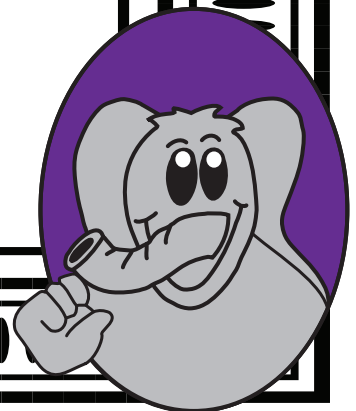
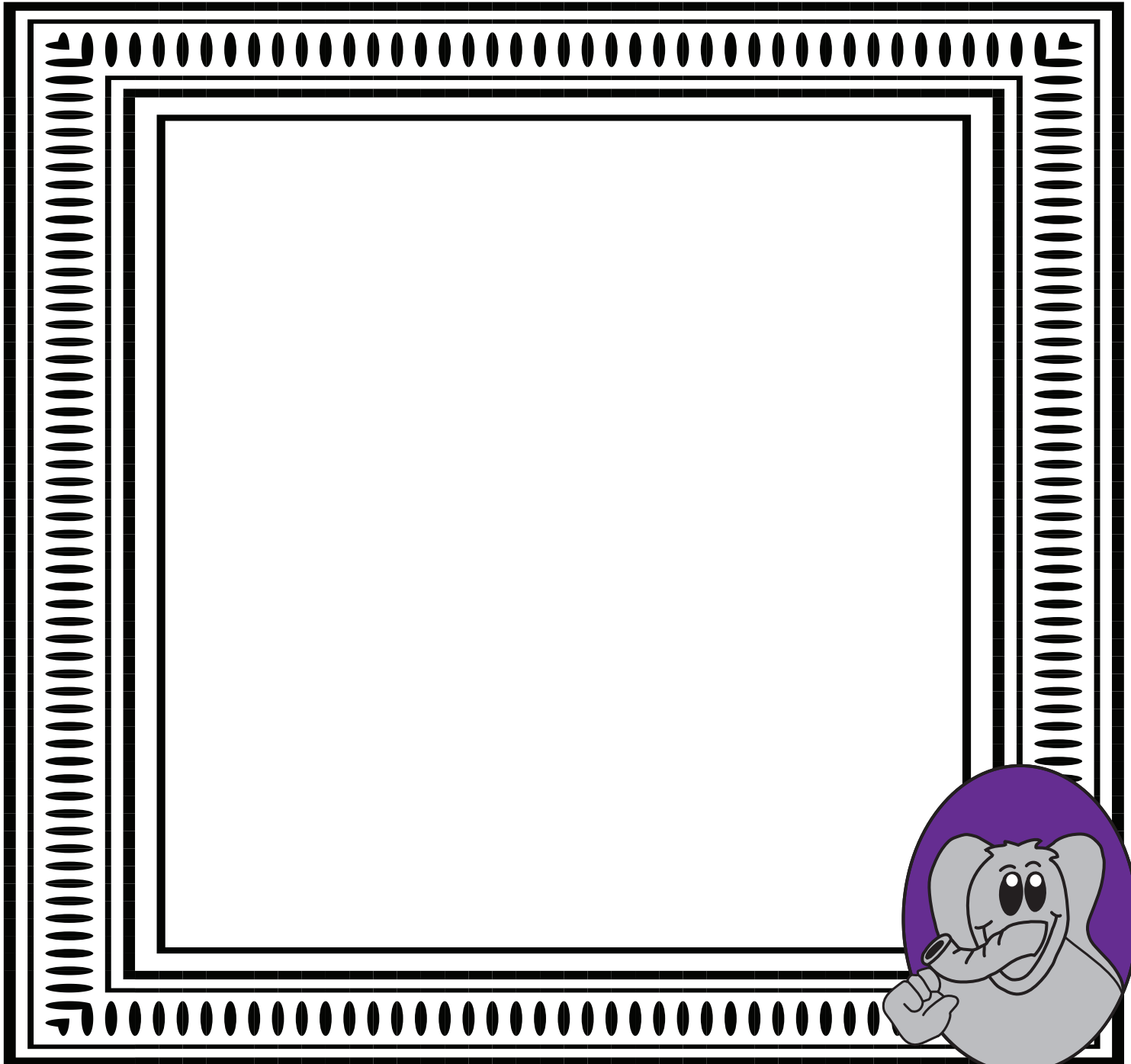


SELF TALK

In the mirror below, write down or draw every single thought you have about your appearance. Then, cross out all of the negative thoughts and write the

opposite statement underneath it. Go in front of a mirror and say the positive statements aloud to yourself.

"You are beautiful, inside and out! Be proud of who you are!" - Self-Esteem Elephant



(Self-Esteem Elephant)

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