

# EMBRACE *yourself*

Liking yourself can be incredibly challenging when stress, trauma, and past mistakes weigh heavily on your self-image. These experiences often create a cycle of self-criticism that makes it difficult to appreciate your worth and potential for growth. With the help of this worksheet, you can uncover the qualities you appreciate about yourself and explore new talents you never knew existed.

## REFLECT

Reflect on Your Values



What matters most to you? Identify your core to help recognize the traits you admire in yourself.

## LIST

List Your Strengths



List your strengths and achievements, no matter how small. Include skills, hobbies, or instances where you've helped others.

## SEEK

Seek Feedback



Sometimes, we're blind to our own strengths. Ask trusted friends or family members to share what they appreciate about you to offer a fresh perspective.

## TRY

Try New Things



New activities can reveal hidden talents or interests. Stepping outside your comfort zone can lead to exciting discoveries about yourself.