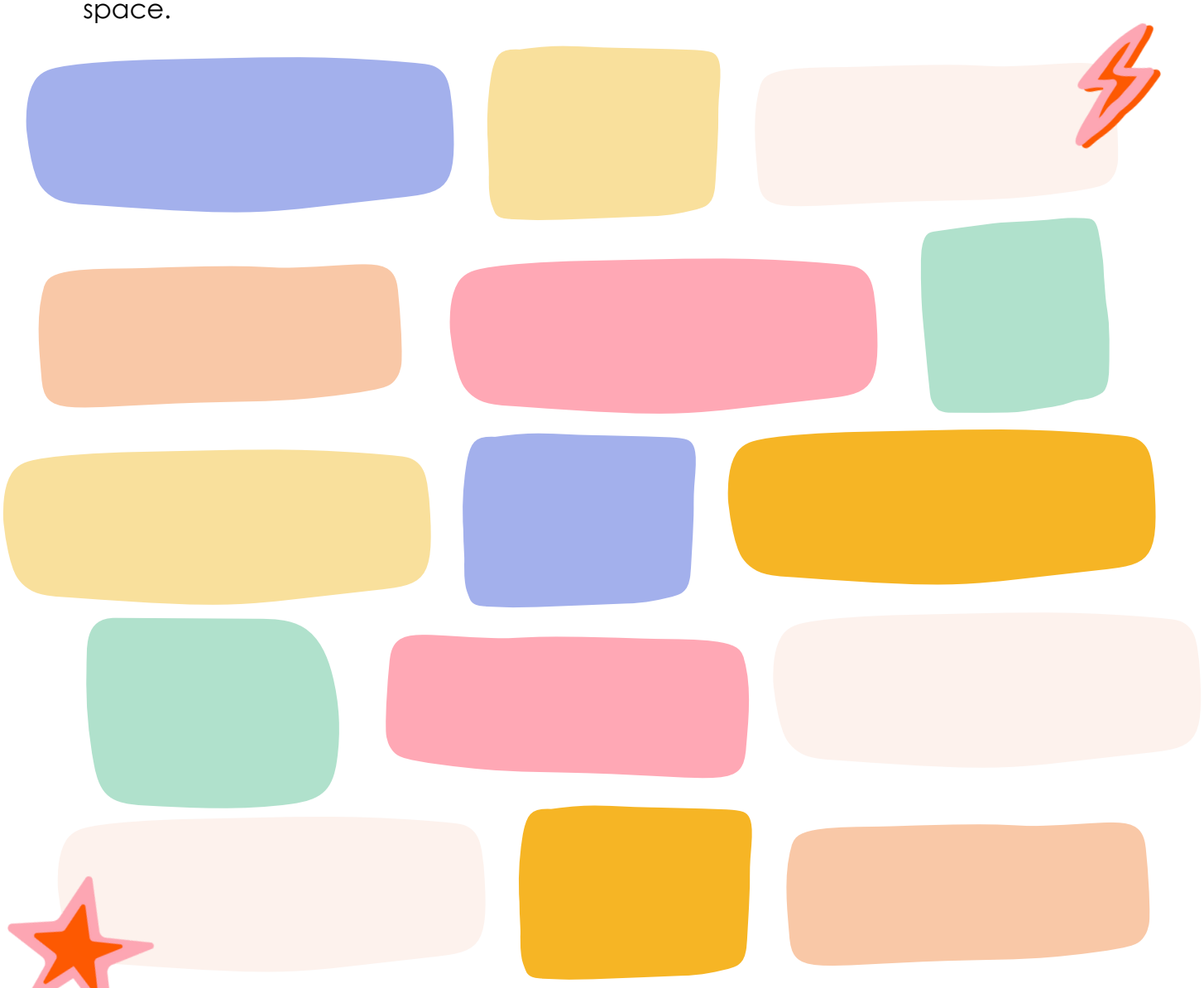
building blocks TO SHINE

LET'S THINK ABOUT WHAT MAKES YOU FEEL GOOD ABOUT YOURSELF AND BUILDS YOUR SELF-ESTEEM.

Be as specific as possible in this list of stuff that helps you feel like YOU. You can list particular activities, places, times of day, people, TV shows, etc. What makes you feel good, smile and laugh? What is comforting and snuggly to you? Write them all down in the 'bricks' below and add some more to the back if you need more space.



WE ARE ALL EFFECTED BY WHAT GOES ON AROUND US. THE MORE TIME WE SPEND SURROUNDED BY THE THINGS THAT ENERGISE AND BRING US JOY, THE BETTER! KEEP THIS SHEET TO REMIND YOURSELF OF THE POSITIVE SOURCES OF ENERGY AND INSPIRATION IN YOUR LIFE, ESPECIALLY FOR THE TIMES YOU NEED A PICK-ME-UP!