

# THIS IS ME

BEING PROUD OF YOURSELF AND WHO YOU ARE WILL  
MAKE YOU FEEL BETTER INSIDE AND OUT.  
EVERYBODY IS UNIQUE AND WE SHOULD CELEBRATE OUR DIFFERENCES.

MAKE A LIST OF THE UNIQUE THINGS THAT MAKES YOU WHO YOU ARE.  
IT COULD PERHAPS BE PHYSICAL FEATURES OR SKILLS YOU HAVE!



THINK OF A TIME WHEN YOU WERE PROUD OF SOMETHING YOU ACCOMPLISHED.  
WHAT HAPPENED AND WHY DID IT MAKE YOU FEEL PROUD?

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