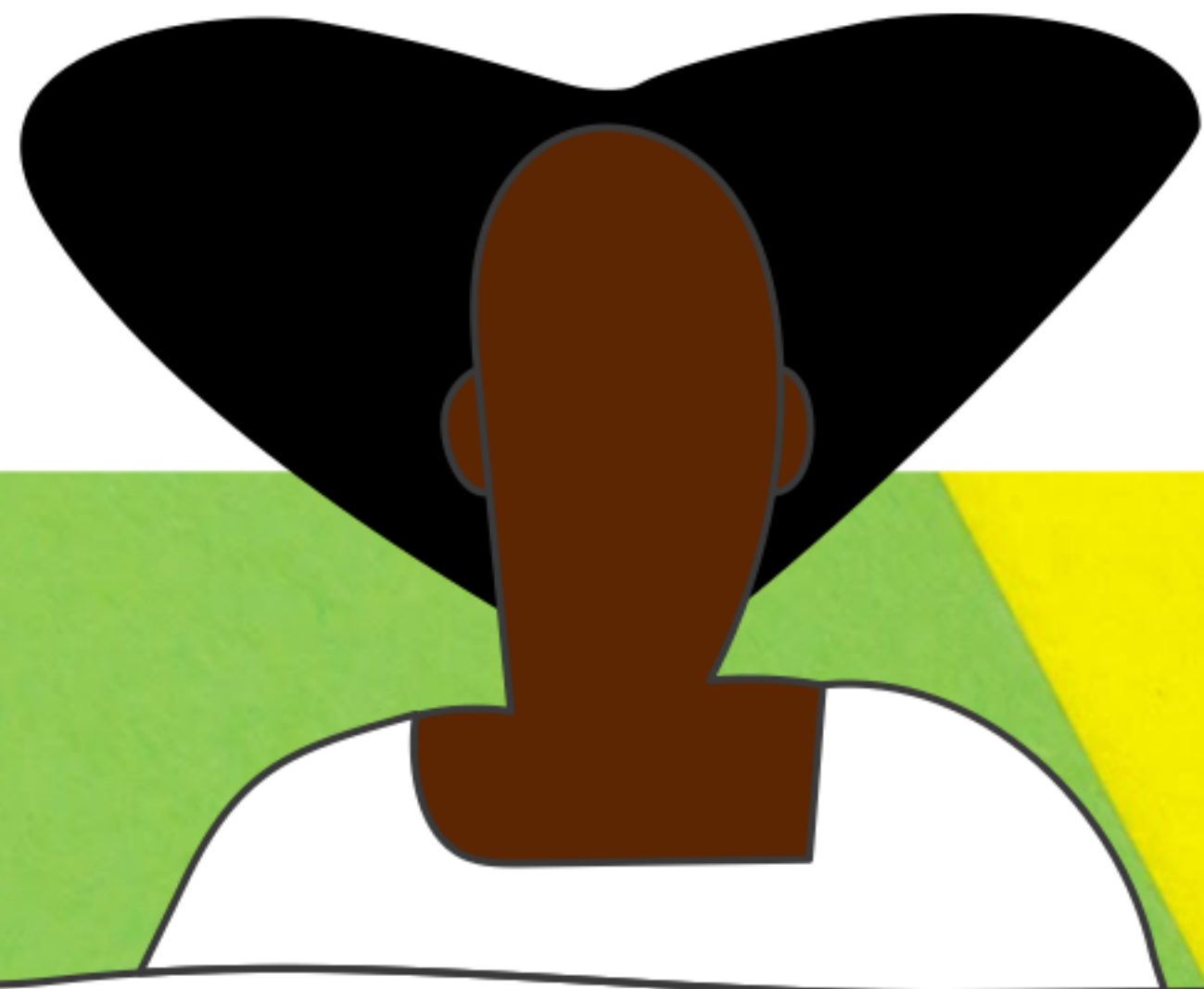


# Mornings Affirmation

## PRACTICE SHEET



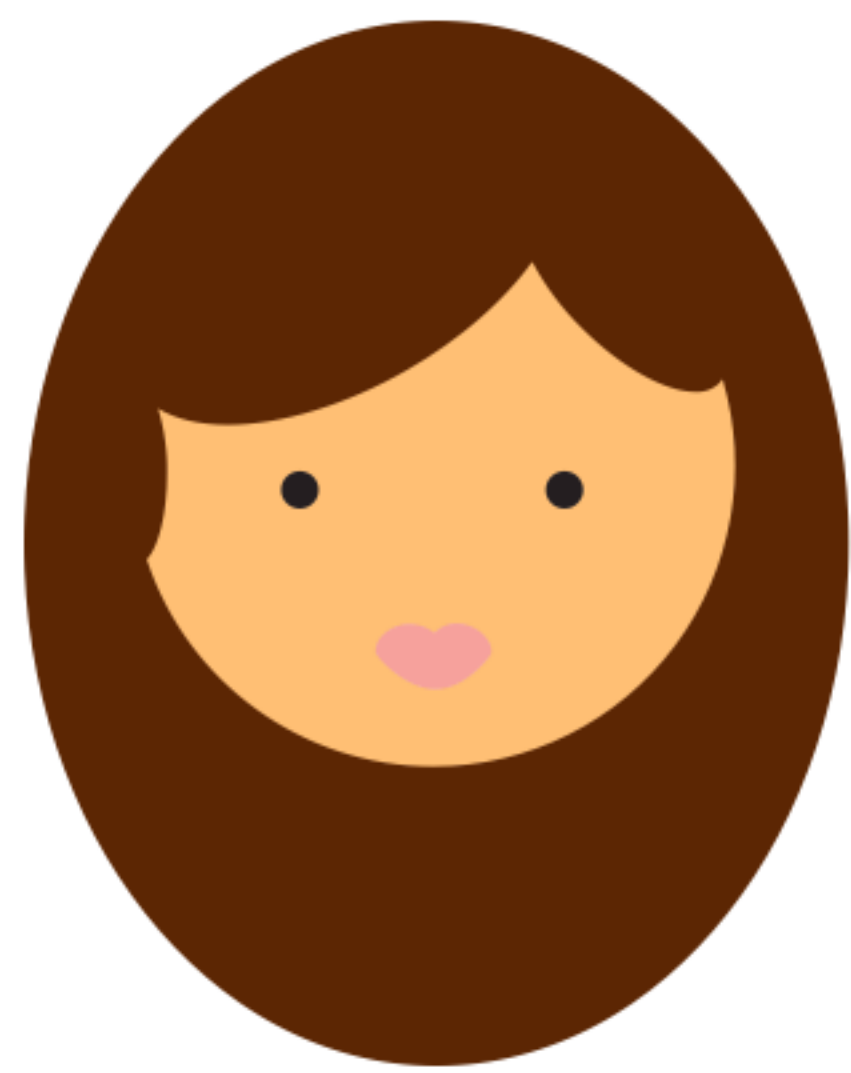
rise and shine!

Write down three traits  
you love about yourself!

---

---

---



Now think of something  
you will do for yourself  
today!



Lastly, write one thing  
about yourself that  
inspires others.