



## The Self Appreciation Pledge

Print out this pledge & fill in the spaces with kind, self-loving & positive words. You can stick it up behind a door, in the bathroom or your office – somewhere you will see it all the time. When you feel the need to be re-inspired by yourself, read it out aloud two or three times & remind yourself just how great you are.

I AM A \_\_\_\_\_ PERSON. I BELIEVE THAT I AM \_\_\_\_\_.

I WANT EVERYONE I MEET TO KNOW HOW \_\_\_\_\_ I AM.

THE PEOPLE CLOSEST TO ME WOULD SAY I AM \_\_\_\_\_ & THAT I  
MAKE THEM FEEL \_\_\_\_\_. THIS MAKES ME HAPPY.

WHEN TIMES GET TOUGH, I AM ALWAYS ABLE TO BE \_\_\_\_\_ &  
\_\_\_\_\_. I KNOW HOW STRONG I AM!

I'M GOING TO START TO THINK OF MYSELF AS MORE OF A \_\_\_\_\_  
PERSON & I AM GOING TO WORK HARD TO BE MORE \_\_\_\_\_ &  
CONTINUE TO BE \_\_\_\_\_.

I BELIEVE IN MYSELF!

