Building the Best Me!

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I want to build the best me.

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I can build a healthy body by eating foods that are good for me.

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I can build a strong body by exercising.



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I can build healthy responses when I am angry, frustrated, or sad. I can take some time to cry. I can focus on what makes me happy or work it out. I can write or draw, jump or run, dance or sing.

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I can build myself up by not thinking negatively about myself.

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I can build myself up by writing down what makes me happy or what I am thankful for in my life.

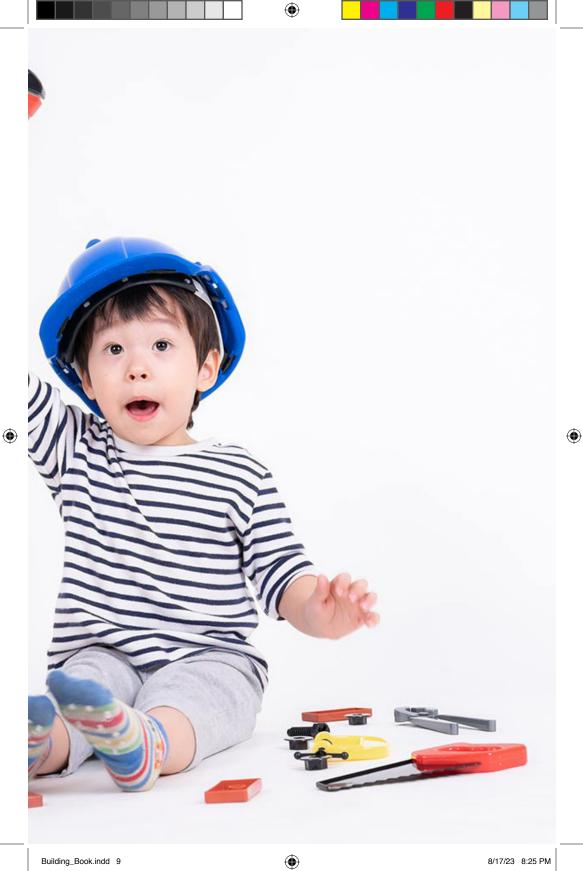
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I can build healthy boundaries and not allow people to hurt me with words or actions. I can be brave and tell someone if I am being hurt by others.

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As I build the best me, I can build up others.

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can build up others by not gossiping.

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I can build up others by being their voice when they cannot find their words to protect themselves.

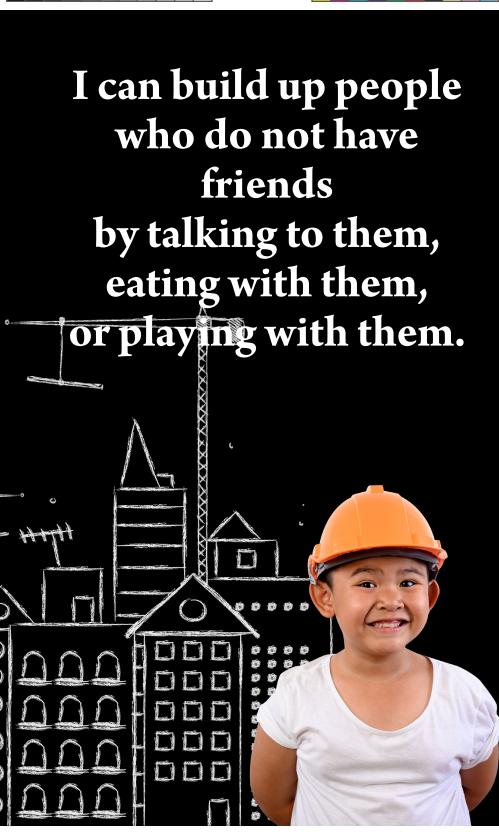
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I can encourage people in order to build them up when they feel broken down.

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I can build up others when I take the time to listen to them.



I can build up others by forgiving them when they hurt me, instead of always being angry.

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I can do a lot to build a healthier community. I can be an example through my actions. Let's get to building up others!

 $(\blacklozenge$

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