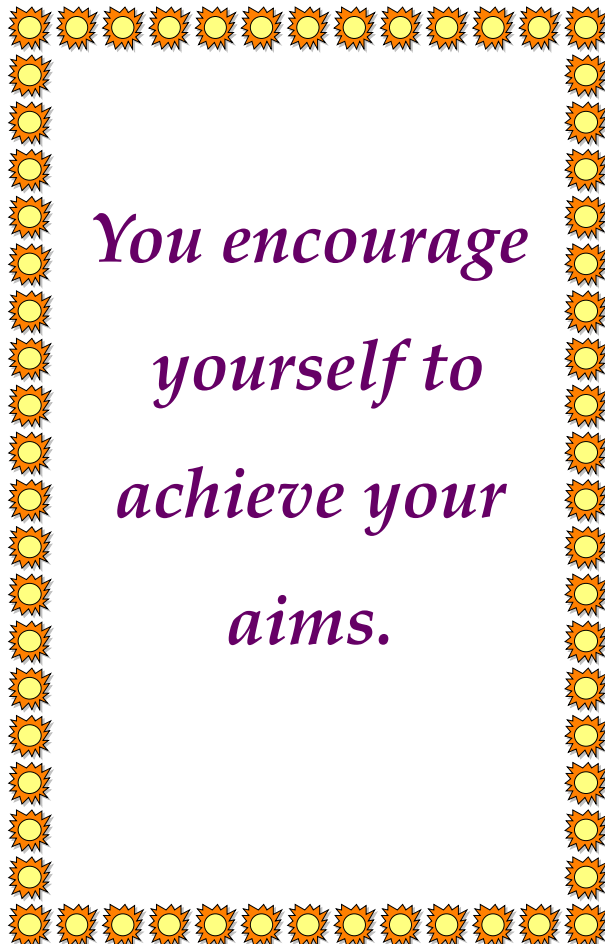





*You treat  
your body  
with kindness  
and respect.*



*You encourage  
yourself to  
achieve your  
aims.*



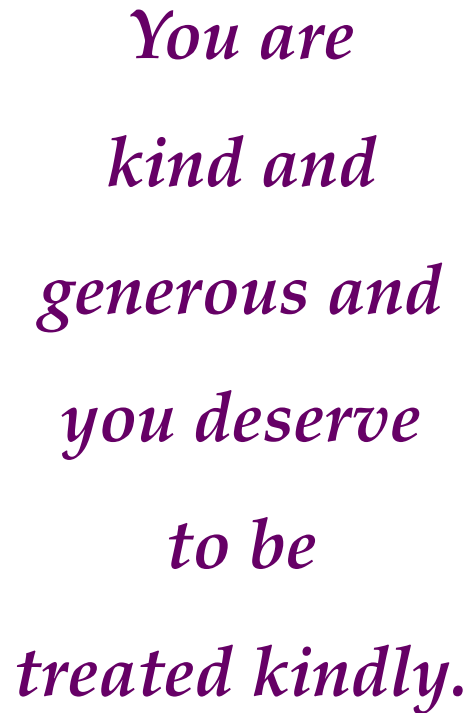
*You set goals  
and give  
yourself  
permission to  
achieve them.*



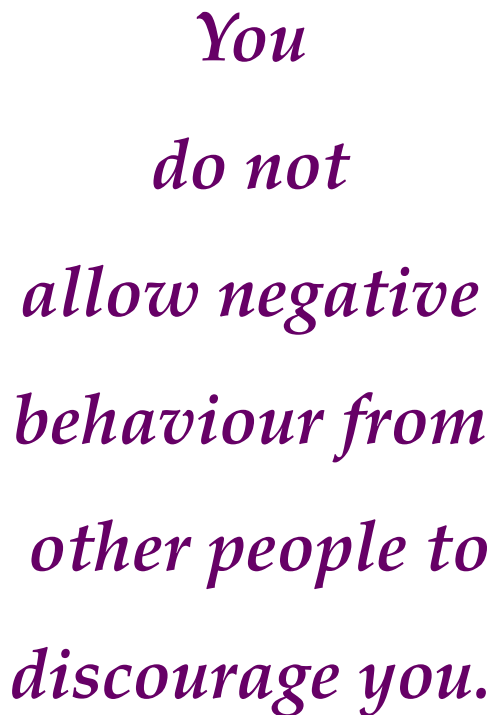
*You  
give  
yourself  
permission  
to say  
“No!”*



*You are a  
good person  
and you  
deserve  
good things  
in your life.*



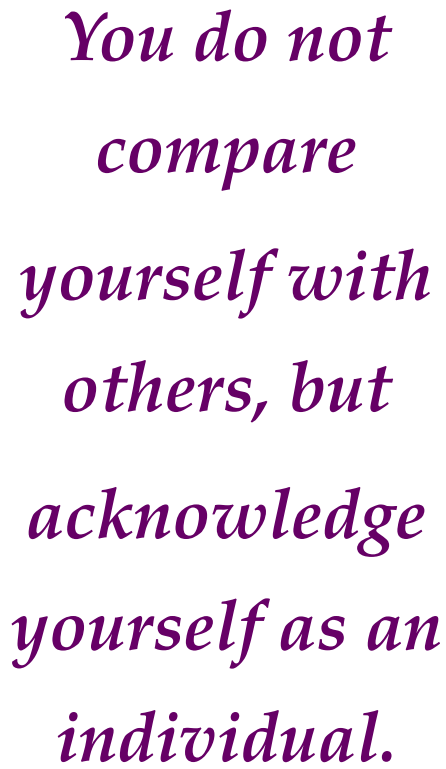
*You are  
kind and  
generous and  
you deserve  
to be  
treated kindly.*



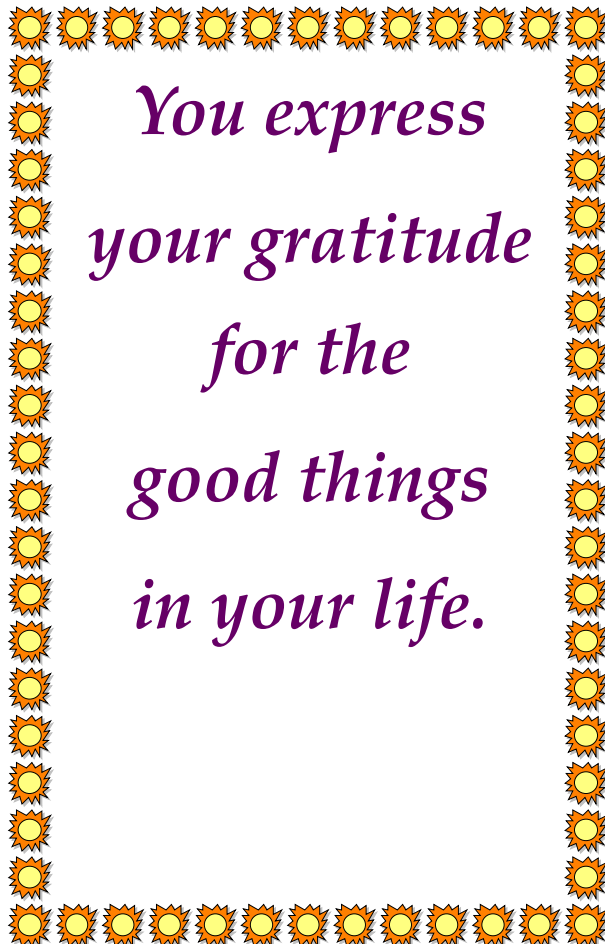
*You  
do not  
allow negative  
behaviour from  
other people to  
discourage you.*




*You accept  
compliments  
and kindness  
from others  
graciously.*




*You do not  
compare  
yourself with  
others, but  
acknowledge  
yourself as an  
individual.*



*You express  
your gratitude  
for the  
good things  
in your life.*



*You  
acknowledge  
and encourage  
your skills and  
strengths.*



*You love and  
accept your-  
self—warts and  
all!*

