

Date \_\_\_\_\_

Dear Me,

I just want to let you know how \_\_\_\_\_ you are!

You really are unique because \_\_\_\_\_

I like being me because \_\_\_\_\_

One of my dreams is \_\_\_\_\_

I can achieve it by \_\_\_\_\_

I'm a good kid because \_\_\_\_\_

I'm a good friend to others because \_\_\_\_\_

Here is something great that I have achieved \_\_\_\_\_

I feel really happy when \_\_\_\_\_

I am most grateful for \_\_\_\_\_

I am going to circle 5 things that describe me best (or maybe I'll circle more)

UNIQUE - BRAVE - KIND - A GOOD FRIEND - CLEVER - CREATIVE  
HAPPY - COOL - A LEADER - FUNNY - FORGIVING - TALENTED - LOYAL  
ADVENTUROUS - SPORTY - GENEROUS - AMAZING - PATIENT - SMILEY  
A GOOD LISTENER - GOOD AT SHARING - MUSICAL

Or I'll make up my own: \_\_\_\_\_

I must always try to remember that I am a very special person. I am made differently to everyone else in the whole world and that's a great thing. I will love myself for exactly who I am because nobody is perfect and that's ok. (It would be really boring if everyone was the same and perfect!).

I am grateful for all the good things in my life and for the big, beautiful world around me.

I must always try to remember this too:

\_\_\_\_\_

Lots of love,

From ME!

