



A letter to yourself

fill in the blanks...

Face it (your name) ,you are about the

best thing since (favourite food) .

No one else can (verb)

like you can. Your best friend says you are the

(adjective) - est person in the world!

Sure, you once (an embarrassing thing you did) .

So, (favourite endearment) today is the

day that you're going to stop beating up on yourself for being

(negative adjective) and start loving

yourself for being (positive adjective)

and (another positive adjective) and

(and another one!) .

And if people give you a (adjective)

time, just tell 'em they can take their

(noun) and

(verb) it up their

(body part) !!!!