

fall in love
with
yourself

You are
worthy.

DON'T BE LIKE THEM.

Be like
You.

“
DON'T STOP
UNTIL YOU'RE
PROUD
”

“
TRUST
YOUR
CRAZY
IDEAS
”

— “ —
YOU CAN DO
MORE THAN
YOU THINK

“
FIND
SOMETHING
POSITIVE
IN EVERY
SITUATION
”

You are
STRONG
BEAUTIFUL
KIND

YOU ARE CAPABLE. YOU ARE BEAUTIFUL. YOU ARE KIND.

I WILL PRAISE YOU,
♥ LORD, ♥
WITH ALL MY HEART

Psalm 138:1

IN THE SAME WAY,
the Spirit helps us
IN OUR WEAKNESS

Romans 8:26

I can do all this
through Him
who gives
me strength

Philippians 4:13

I praise you because
I am fearfully and
wonderfully made

PSALM 139:14

GIVE THANKS TO THE LORD,
...→ ...→
FOR HE IS GOOD.
...→ ...→
HIS LOVE ENDURES FOREVER

Psalm 136:1

If we confess our sins,
HE IS FAITHFUL AND JUST
and will forgive us
OUR SINS AND PURIFY US
from all unrighteousness

1 John 1:9







5 MIN SELF-CARE

checklist



TAKE A FEW
DEEP BREATHS

BRUSH
YOUR HAIR

DO SOME
STRETCHES

DRINK A GLASS
OF WATER



GRAB A FACE
MASK

TAKE A QUICK
SHOWER

WRITE DOWN 7 THINGS
YOU ARE GRATEFUL FOR

FIND FUNNY VIDEOS
WITH CUTE ALPACAS

SPEND 5 MIN
ORGANISING

LIGHT
A CANDLE

LISTEN TO YOUR
FAVOURITE SONG

WRITE DOWN
YOUR GOALS

MAKE YOURSELF
A WARM DRINK

DANCE LIKE
CRAZY



TEXT
A FRIEND

Job Offering Dream Job



Decline



Accept



ENTREPRENEUR



INNOVATION



SKILLS



LEADERSHIP



ASSERTIVENESS



KNOWLEDGE



STRATEGY



GOAL





SELFIE

IS NOT SELFISH



DREAMS

I WANT TO TRY

GOALS

VISION BOARD

INSPIRATION

PLACES I WILL GO

Vertical lined writing box for 'DREAMS'

Horizontal dashed writing lines for 'I WANT TO TRY'

Vertical lined writing box for 'GOALS'

Large dashed circular shape for a central image or note

Dashed heart shape for a central image or note

Large dashed circular shape for a central image or note



Reminders

I AM AMAZING

I CAN DO ANYTHING

I CHOOSE TO BE POSITIVE

I KNOW MY WORTH

I WILL SUCCEED