



Hi!

This is _____ (your name) who is very
_____, _____ and _____
(activity 1).

But there are times when I feel _____,
_____, _____ (activity 2)

Also, on some days, there are thoughts like
_____, _____,
_____.

that bothers me (activity 3)

but I think I will be able to let it go and replace my
thoughts with

_____, _____
and _____.

I am sure that in future, if I ever feel low or doubt
myself I will always remember that I am

_____, _____ and
_____. (activity 1)

Keep Blooming!

