

# DAILY SELF LOVE

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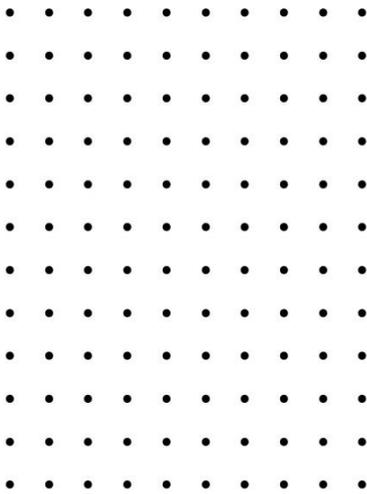
10 Things I'm Grateful For:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

*I want...*

10 Things I Love About Myself:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



3 new things I'd like to try:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

2 favors to do for myself today:

1. \_\_\_\_\_
2. \_\_\_\_\_

2 new things I learned recently:

1. \_\_\_\_\_
2. \_\_\_\_\_

3 feelings I want to practice today:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

A compliment to myself:

\_\_\_\_\_

\_\_\_\_\_

Thoughts I want to think about myself:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I love \_\_\_\_\_

(your full name)



# TRUTH OR DARE

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Encourage girls to speak out with confidence and build trust with this old favorite game. Before your group meets, write out a selection of 'truths' and 'dares' on slips of paper and put them in separate labeled containers. Each girl then chooses one piece of paper and does what it says! Here are some suggestions:

## Truth:

- Tell three things you like about yourself
- Tell us what your dream job would be
- Give a true compliment to each girl here
- Would you ever get a tattoo – where and what?
- If a genie gave you one wish what would it be?
- If you could decorate your bedroom any way you wanted, what would you do?
- What qualities make a good friend?
- Who is your greatest hero?
- What makes a good role-model?
- If you were a superhero what would your power be?

## Dares: I dare you to...

- Do a crazy dance for two full minutes
- Make up a speech after being given an award
- Crawl around like a crab
- Pretend you are taking a fabulous shower – and singing!
- Make up a commercial for a funny product
- Act like an alien who just landed on earth and react to what you see
- Tell us what you are most proud of
- Snore like someone in a very deep sleep – with a bad cold
- Sing your favorite song – like an opera singer

*From The Dove Self-Esteem Fund Activity Guide*

# 30 AFFIRMATIONS

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- ❖ The more I like myself, the more others will like me.
- ❖ I am becoming better with each day.
- ❖ I am happy to be here.
- ❖ I have people who care about me and will help me if I need it.
- ❖ I will ask for help if I need it.
- ❖ I am always learning more about who I am and what matters to me.
- ❖ I understand that my actions become habits so I will try to do the right thing.
- ❖ I love and respect my family for all they do for me.
- ❖ I am an intelligent being, but I don't know everything.
- ❖ I am proud to represent the values that matter to me and my community.
- ❖ I love myself.
- ❖ I feel lucky to have the opportunities that I do.
- ❖ My dreams are achievable.
- ❖ The only people who may judging me are the people who are most afraid of being judged.
- ❖ In 5 years it is not going to matter what I wore today.
- ❖ In 15 years the only thing that will remain is what I have learned.
- ❖ My first love will probably not be my only love, and I'm ok with that.
- ❖ People can be mean, but it only reflects the kind of person they are.
- ❖ I am happy. Who else am I trying to please?
- ❖ I accept and love the way I look without comparing myself to others.
- ❖ A six-pack does not need to be standard. In either form.
- ❖ I am completely unique and therefore, there are no rules to what I am and am not.
- ❖ I give myself permission to do what is best for me.
- ❖ I admit that I may not always know what is best for me, so I am open to advice from people who I respect.
- ❖ I do not need drugs or alcohol to have fun.
- ❖ I do not need to share every personal detail with my entire social network.
- ❖ I am responsible with my technology.
- ❖ My opinion matters.
- ❖ I acknowledge that sometimes it is not appropriate to voice my opinion.
- ❖ I care about what is going on in the world.





Have one girl sit on a chair in front of a white board while the others write a positive phrase about them.

They can not peek at what is being written. It is fun to watch the smiles on all their faces as they share what they loved about each other. Take a picture and give it to them in another lesson-- a few weeks later. This can be a hard age for girls. This activity can provide a reminder of the positive and sweet influence they are for others.