

Be a friend to You



YOUR NAME

If your friends made a mistake, would you tell them they're terrible? Call them bad names? Of course not! But do you ever say negative things to yourself?

No one is perfect. We all have strengths and weaknesses. When you make a mistake, think about what you can learn from it. Then forgive yourself and move on, just as you would with your loved ones.

If you feel harsh thoughts creeping in, replace them with compassionate ones. If you wouldn't say it to a friend, don't say it to yourself. Learn how to encourage yourself, and you'll have a good friend who's always with you!



How can you be a friend to yourself? Write and draw your ideas.

My strengths or virtues

Four things I love to do for fun:

Two favorite accomplishments

Prayer or quote that makes me happy

A place where I feel peaceful:

Qualities of a friend I can also use with myself:



When I make a mistake, I remember:

Favorite ways I like to be active:

