



### **Your Super Self!**

- On a blank sheet of paper list at least 20 things that make you special
- List any and all personal achievements and successes – at least 20
- List at least 20 things that you are good at or can do well (even if its cleaning your teeth)
- List your 10 most unique qualities or unique things about you
- Write down at least one particularly attractive physical feature (even if it's a cute pinkie toe or particularly shapely ear lobe)
- Read this to yourself out loud every morning for a week

***“Who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you not to be?”***

***Marianne Williamson***