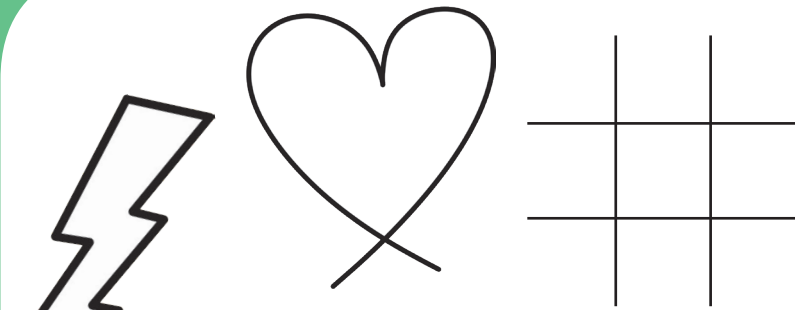
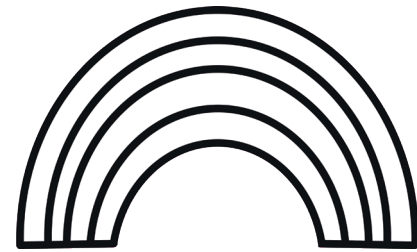
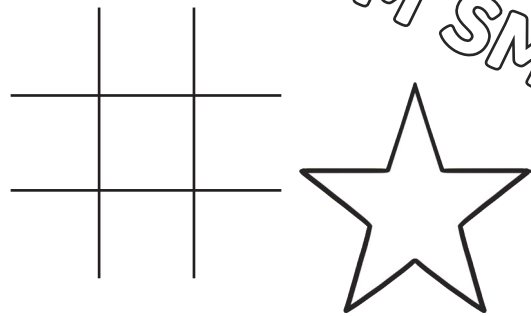


Affirmations Mat

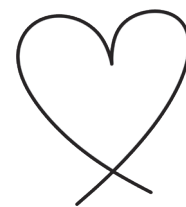
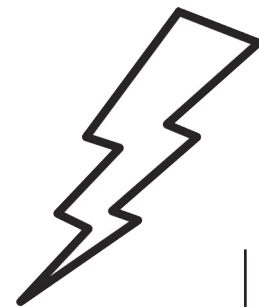
I AM LOVED



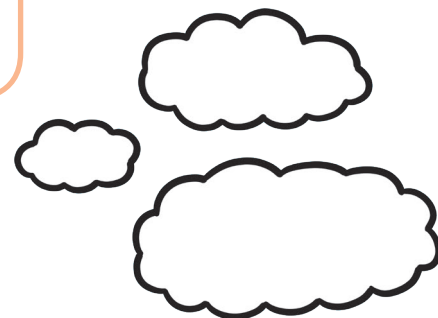
I AM SMART



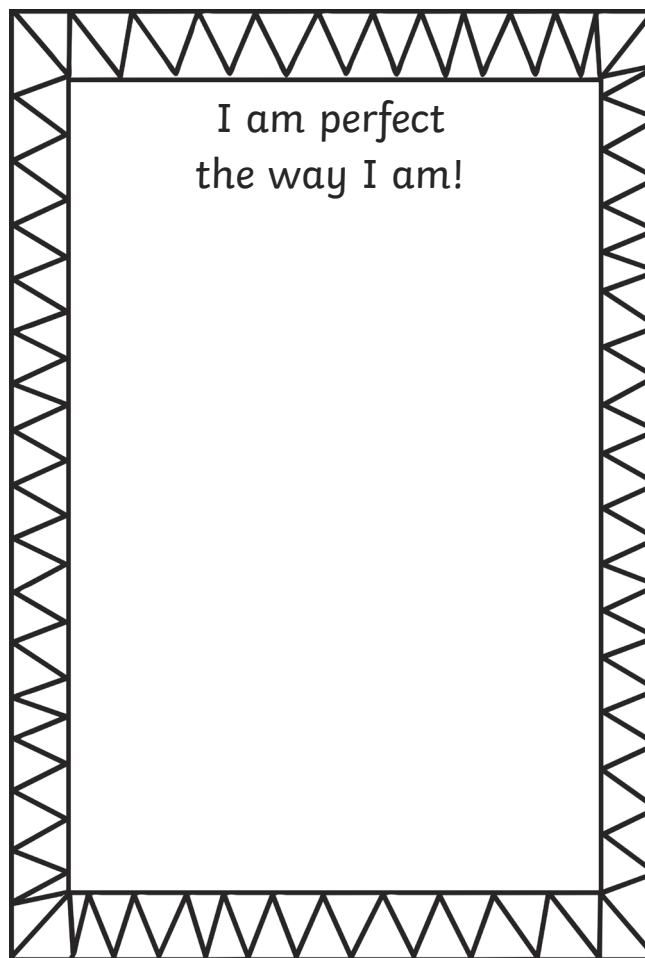
I AM ME



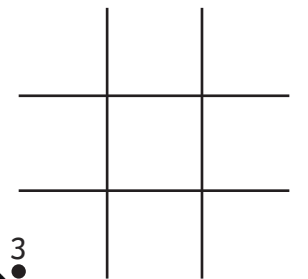
I AM POWERFUL



Self-portrait
Draw a portrait of yourself in the frame below.



I AM SAFE



Word Search

j	e	n	o	u	g	h	n
d	p	v	i	p	p	n	j
v	e	s	a	m	d	x	n
n	r	v	m	r	v	w	j
e	f	o	o	a	b	l	e
s	e	q	f	l	r	n	m
w	c	g	n	o	r	t	s
k	t	s	a	f	e	l	t

strong	brave	smart	loved
perfect	safe	enough	able

I AM PERFECT

