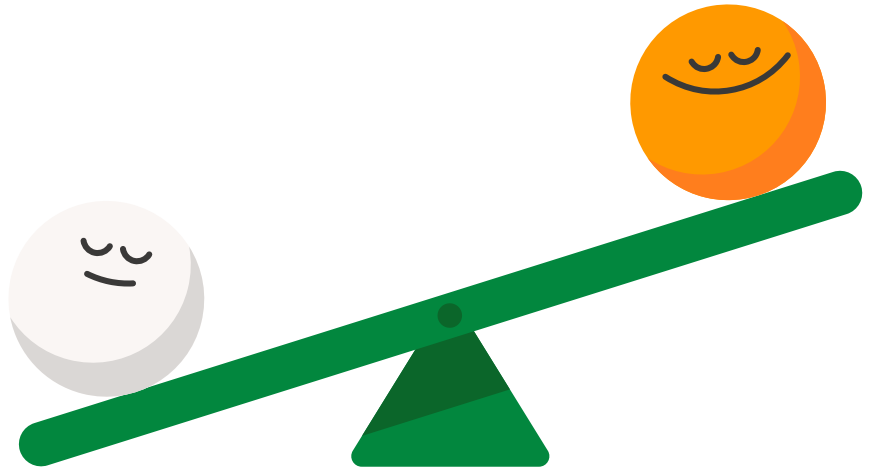


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REPLACE I I H

I'm bad at X.

I can get better at X,  
and it will help me grow.

I hate doing X task.

Once I finish X task, I can take  
a break and reward myself.

I don't like the way I look.

I appreciate my body for supporting  
and carrying me.

I don't like myself.

I love myself and appreciate the  
opportunity I have to grow.

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