

I am 'loveable & Capable



even though not all
my behaviour is acceptable

Colour in this picture and then if you want to, you can pin it up somewhere so that every day it will remind you and everyone else that you are Loveable and Capable.....even when something you say or do is not acceptable behaviour. This means that what you do is not who you are....who you are is Loveable and Capable and the things you say and the things you do is not who you are. Knowing that who you are is different from what you say or do means that no matter what anyone else says about you, or what they do, you know you are a good person. So always feel good about this.

I am one of many Seeds for Children's Self Esteem ...print more at: www.goodwillpeople.net