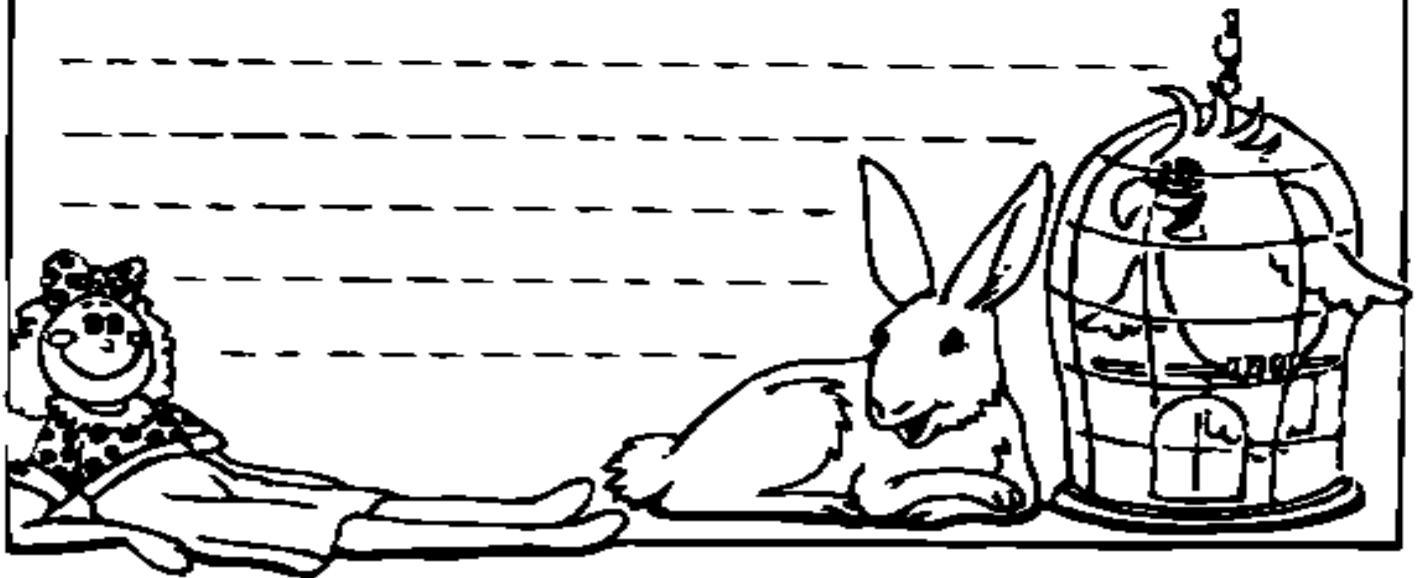


PRETEND THAT YOUR PET, OR YOUR FAVOURITE TOY, OR YOUR BEDROOM COULD TALK ~ WRITE WHAT IT WOULD SAY ABOUT YOU . . .

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Allow your imagination to have full freedom to pretend that either your pet, or your favourite toy, or your bedroom could talk and write in what it said about you. Be sure to have it say all the good and positive things about you, because these are the things that you want to emphasize. Only write in the good and positive things about you.....be sure not to include things that are not good or not positive qualities. You can pin up this page as a reminder of what to think about yourself, because what you think about yourself seems to get even more stronger .....and this is why you need to only select and write in the good and positive things about yourself.