



UNIQUELY YOU

BOOST YOUR CONFIDENCE AND CELEBRATE YOUR VIBE

WHAT IS ONE THING YOU LOVE ABOUT WHO YOU ARE?

WHAT IS ONE THING YOU ARE EXCITED ABOUT TODAY?

WHAT IS ONE PART OF YOU THAT IS UNIQUE?

How CAN YOU EMBRACE THAT?

WHAT POSITIVE QUOTE OR THOUGHT ARE YOU EMBODYING TODAY?

WHAT CAN YOU REMIND YOURSELF WHEN FACED WITH CHALLENGES?

WHAT IS ONE THING YOU'VE OVERCOME THAT HAS MADE YOU STRONGER?

