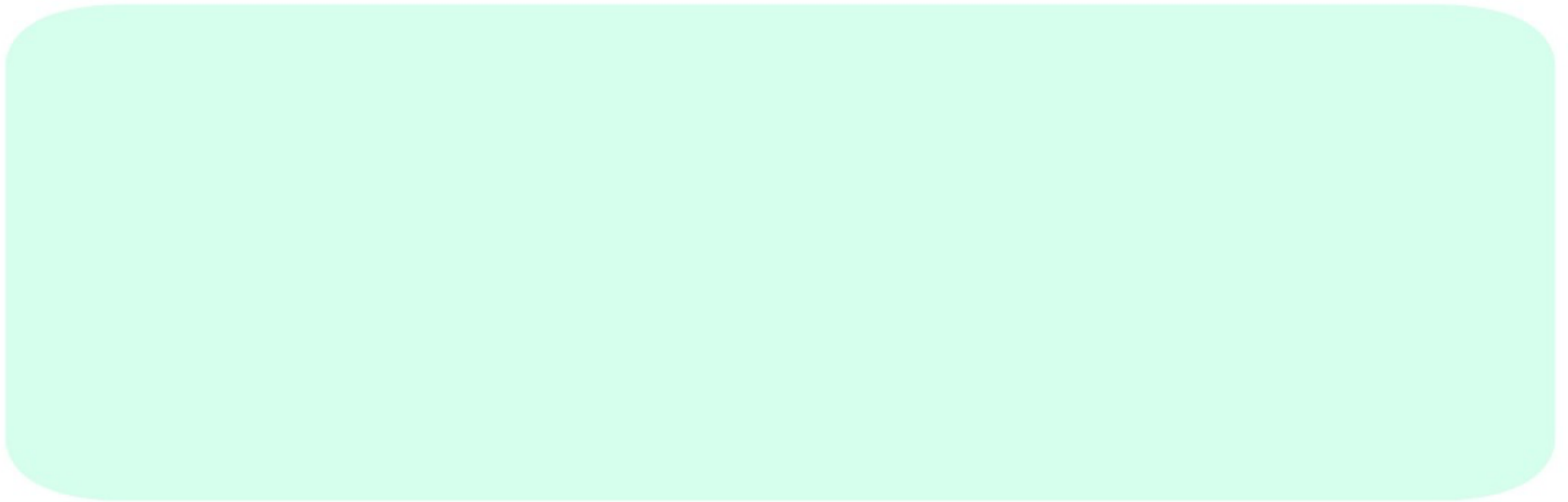


Live with Intention. Choose Your Lifestyle.

Lesson: Loving You First | 1a | Look For the Positive

Activity: Set a timer for 1 minute. In the space below, write down as many things you dislike about yourself. These could be physical or internal traits. Don't worry! I know it seems absurd, but there IS a reason for this.



Now count up the total number of things you wrote down.

Total: _____

Activity: Set a timer for 1 minute again. In the space below, you now have to come up with AT LEAST the same number as dislikes you just totaled or more. Again, these can be physical or internal traits.

Ready, set, GO!

