



BE KIND TO YOURSELF



I LIKE THAT I AM

1)

2)

3)

I PLEDGE...

I pledge to be kind to myself and others today and every day.

I pledge to be kind to myself on the days that I am happy and on the days that I am sad.

I pledge to be kind to myself the same way I am kind to those I love. Because when I am kind to myself and others, I can shine like a bright light and make the world more beautiful.

Sign Here

