



My Treasure Chest of Self Kindness



Fill in the boxes on the Treasure Chest below to remind yourself that it's your self worth that matters most.

Gold Coins

Write three things you have tried or grown at recently. They don't have to be big things.

Pearls of Self Kindness

Kind words I can say to myself when things go wrong.

Turn the Tide

Write something unkind said to you on the left then flip it on the right.

My Treasure Map

One way I will practice talking kindly to myself this week.



Self Worth gives you strength!