

# 5 THINGS I LIKE ABOUT ME

Appreciating oneself is one way to boost self-esteem.  
This exercise is for parents and their children.



## WHAT TO DO:

1. Explain to your child that we must remind ourselves how special, unique, and amazing we all are.
2. Guide and help your child to write down some things that they like about themselves in this mirror to help them appreciate who they are.

Things I Like About Me:

1.

2.

3.

4.

5.

3. Ask your child to spend some time reflecting and reviewing the list to help them increase their sense of self-worth.

**This exercise can help you or your child gain confidence and appreciate who they really are.**



To learn more about how to improve your wellbeing and mental health, get in touch with our wellbeing coaches today: <http://bit.ly/MNhelp>



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