

# 10 Ways to Encourage Yourself If No One Else Does



- 1** look in the mirror and say **something kind** to yourself...every day
- 2** hang out with friends who are **nice** and have **happy personalities**
- 3** read a *good* book
- 4** watch a movie with an **INSPIRING PLOT**
- 5** listen to music that **makes you feel good**
- 6** journal
- 7** do something **thoughtful** for someone in need
- 8** engage in a creative project that represents **YOUR BEST SELF**
- 9** write a poem that expresses the **value of self love**
- 10** write a letter to someone **you admire** sharing how they inspire you to be better