Name: Section:



Date:

Score:

What do you love about yourself?

So your question is this: What do you love about yourself?

The question seems conceited, I know. And loving yourself too much could be a problem. However, knowing yourself and what you are good at, and what great qualities you possess, is important when it comes to self advocacy. There are going to be times when we doubt ourselves. And there are going to be people who say negative things towards us as well. It is during these times that it is key that we truly know ourselves and what we have to offer. Knowing this will give us the confidence to face criticism and doubt.