



Let's read.

WAYS TO APPRECIATE YOURSELF



- Think about the times when you have done something good, when you have been helpful, kind, and **thoughtful** to others.
- Take part in activities that make you feel good such as **indulging** yourself in hobbies, playing sports or spending time with friends.
- Have **confidence** in yourself. Be confident when you make decisions.
- Know and acknowledge all your positive **attributes**.
- Think about the things you do well. Take **pride** in your success.



Let's practise.

Match the words to their meanings.

thoughtful	• a belief in your own ability
indulging	• qualities
confidence	• considerate
attributes	• to satisfy a particular interest
pride	• a feeling of satisfaction when you have done something well