

SELF COMPASSION

Write 5 things you love about yourself

- 1.
- 2.
- 3.
- 4.
- 5.

Ask the ones you love to tell them what they love about you

- 1.
- 2.
- 3.
- 4.
- 5.



**Sending you love and
compassion**

Victoria Bagnell



HEALTH MANIFESTED