



American Heart Association.

15 WAYS TO BE ME

You are amazing and the only YOU there is!
Take time to celebrate yourself.



1

Write down something you love about yourself

2

Write a kind note to yourself to read in the future

3

Explore new interests



5

Post a positive note about yourself on your mirror

6

Set a small goal – write it down, and begin working towards it

4

Love yourself for who you are

8

Draw a picture about your feelings

9

Be proud of what makes you different

10

Embrace your feelings – good or bad

7

Write down your feelings in a journal

11

Take a silly photo of yourself

12

Be patient with yourself

13

Don't speak harshly or criticize yourself

14

Speak as kindly to yourself as you would to a friend

15

Forgive your mistakes

