

Please use the word bank below (compiled from the Year of YOU! Series) and fill in the blanks of this ad-lib. Instead of sending this back for the submission, an email saying “I’ve completed this!” is more than enough.

Word Bank

Adjectives

Hydrated
Strong
Smart
Capable
Valuable
Re-energized

Nouns

Soul
Face
Warrior
Power
Mind
Body

Verbs

Stretch
Walk
Heal
Sleep
Move
Explore

Affirmation

I can do it!
I’ll let it go.
My feelings are valid.
I am proud of how far I’ve come.
I radiate confidence and self-respect.
I deserve love and kindness.

Today, I woke up feeling _____ and
(Adjective)
_____. I looked in the mirror and saw
(Adjective)
my amazing _____ staring back at
(Noun)
me. Instead of being hard on myself, I
decided to _____ and remind myself
(Verb)
how _____ I truly am. Because I am
(Adjective)
worthy, I am enough, and I know that

(Affirmation)