

## **SELF ACCEPTANCE THERAPY WORKSHEETS: VERSION 2**

### **Remember that it is okay not to be perfect:**

Nobody is perfect, and don't try to set unachievable targets for yourself.

### **Self-care:**

Getting ready or taking care of yourself will be able to boost your self-esteem and it will add to your confidence because we often tend to lose our confidence.

### **Celebrate every achievement of your's:**

We all have our own imperfections and proud moments, nobody is perfect and is a jack of all. Try to remember your achievements and proud moments.

### **Surround yourself with positive and supportive people:**

It is very important to surround yourself with people who help and build your self-confidence.

### **Don't live in the Past:**

Learn to walk away and move on in life, don't be too harsh on yourself, for making some mistakes in life. We all make mistakes, Remind yourself of that. Err is human.

### **Own your mistakes but move on:**

Remember making mistakes is a part of the journey and part of the process.

### **Do the following exercises to learn self-acceptance:**

Things I love about myself

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Things people say they love about me

Things I don't like about myself

Things I would like to improve

I have these qualities

List of difficult times I have pulled through