

You Are a Star

There is power in positivity. It can be as simple as filling your thoughts with words that evoke feelings of positivity. Take a moment to study the set of words below.

Circle the words that you associate with yourself. Put a star next to the words you strive toward.

Kind
Inspired
Connected
Sympathetic
Understanding
Zest Equal Driven Nurturing Grateful Honest
Proud Balanced Neat Fun Whole Lively Resilient
Mindful Focused Engaging Bright Delightful
Respectful Affable Inventive Humble
Progressive Curious Positive
Accepting Serene Humorous
Logical Reliable Vibrant
Generous Hopeful Thriving
Spontaneous Joyful Empowered
Introspective Welcoming
Compassionate
Ambitious Empathetic
Free Open

What did you already do today that reflects the words you circled?

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What can you do this week to get closer to the words you starred?

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