

Things I like about me



Add things you like about yourself to the jar. You don't have to fill the jar now. People learn things they like about themselves across their lives. You can ask others to help you fill the jar by telling you things they like about you.

On a scale from 1 to 10, how do you feel about yourself just now?

A large, rounded rectangular shape representing a jar. At the top, there are three horizontal dark teal bars representing the lid. Inside the jar, there is a small, empty rectangular label with a decorative border.

On a scale of 1 to 10, how do you feel about yourself after doing this exercise?

