Self-Validation Construction Kit

*For when you need a hand in recognizing and affirming your feelings. This kit is meant to help you think about the parts of you that need verifying the most. Validating yourself is a form (and very small part) of self-love.*

Write one true and good thing about…

Yourself:

Your Environment:

A Significant Relationship:

Evidence that makes this true:

Yourself:

Environment:

Relationship

Write on a sticky note: place the note in a spot you will see everyday. This is a reminder of the kindness you deserve to show to yourself

| A Self Validation  Affirmation Of Your  Validation |
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