

WORKSHEET

A Venn diagram with two overlapping circles. The left circle is purple and labeled 'All people'. The right circle is blue and labeled 'People with a mental health condition'. The intersection of the two circles is shaded dark purple.

BRAG BOOK instructions

Brag about yourself. The things that you did in 3rd grade that you're proud of. That secret dish everyone is asking you to make.

My Brag Book

Use your Brag Book daily to celebrate yourself, your talents, things you do and have done, what makes you wonderful as you are and deserving of healthy love!

I acknowledge and celebrate myself for who I am and what I accomplish now and what I've accomplished in the past. All things big and small matter!

Brag about yourself:

Now that you are in gratitude, revisit your mantras and decide if those are still driving you in a powerful way. Select 5 Mantras (either new or old) and commit to them here.

1.

2.

3.

4.

5.

