

## THE ABC'S OF ME

You are many wonderful things. Using each letter of the alphabet, list positive qualities that you have. Use this list whenever you need a pick-me-up. You can do this for others too, what a gift!

**A** \_\_\_\_\_

**B** \_\_\_\_\_

**C** \_\_\_\_\_

**D** \_\_\_\_\_

**E** \_\_\_\_\_

**F** \_\_\_\_\_

**G** \_\_\_\_\_

**I** \_\_\_\_\_

**J** \_\_\_\_\_

**K** \_\_\_\_\_

**L** \_\_\_\_\_

**M** \_\_\_\_\_

**N** \_\_\_\_\_

**O** \_\_\_\_\_

**P** \_\_\_\_\_

**Q** \_\_\_\_\_

**R** \_\_\_\_\_

**S** \_\_\_\_\_

**T** \_\_\_\_\_

**U** \_\_\_\_\_

**V** \_\_\_\_\_

**W** \_\_\_\_\_

**X** \_\_\_\_\_

**Y** \_\_\_\_\_

**Z** \_\_\_\_\_