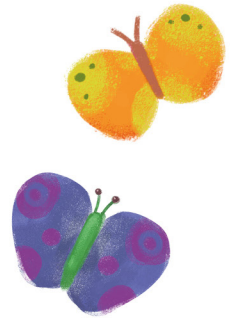


Self-Compassion

Self-portrait

Draw a happy portrait of yourself



List three things you love about yourself:

- 1
.....
- 2
.....
- 3
.....