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LOVE YOURSELF

Nutrition Nuggets

Food and Fitness for a Healthy Child
February 2021

Healthy Self-Talk	
THIS	NOT THAT
✓ Always I make a mistake	✗ I'm a dumb
✓ I like me	✗ No one likes me
✓ I did something bad	✗ I'm a bad person
✓ This is really hard but I'm going to keep trying	✗ I give up. I never like what I do first time
✓ I haven't figured it out yet	✗ I never get anything right
✓ I'm strong and worthy too	✗ I'm not good enough

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Write a note of appreciation to someone who has helped you.	1. Write a note of appreciation to someone who has helped you.	1. Write a note of appreciation to someone who has helped you.	1. Write a note of appreciation to someone who has helped you.	1. Write a note of appreciation to someone who has helped you.	1. Write a note of appreciation to someone who has helped you.	1. Write a note of appreciation to someone who has helped you.
2. Give someone a compliment.	2. Give someone a compliment.	2. Give someone a compliment.	2. Give someone a compliment.	2. Give someone a compliment.	2. Give someone a compliment.	2. Give someone a compliment.
3. Do something nice for someone.	3. Do something nice for someone.	3. Do something nice for someone.	3. Do something nice for someone.	3. Do something nice for someone.	3. Do something nice for someone.	3. Do something nice for someone.
4. Write a note to yourself reminding you of your strengths.	4. Write a note to yourself reminding you of your strengths.	4. Write a note to yourself reminding you of your strengths.	4. Write a note to yourself reminding you of your strengths.	4. Write a note to yourself reminding you of your strengths.	4. Write a note to yourself reminding you of your strengths.	4. Write a note to yourself reminding you of your strengths.
5. Call someone you care about.	5. Call someone you care about.	5. Call someone you care about.	5. Call someone you care about.	5. Call someone you care about.	5. Call someone you care about.	5. Call someone you care about.
6. Write a note to someone you care about.	6. Write a note to someone you care about.	6. Write a note to someone you care about.	6. Write a note to someone you care about.	6. Write a note to someone you care about.	6. Write a note to someone you care about.	6. Write a note to someone you care about.
7. Do something nice for yourself.	7. Do something nice for yourself.	7. Do something nice for yourself.	7. Do something nice for yourself.	7. Do something nice for yourself.	7. Do something nice for yourself.	7. Do something nice for yourself.
8. Write a note to yourself reminding you of your goals.	8. Write a note to yourself reminding you of your goals.	8. Write a note to yourself reminding you of your goals.	8. Write a note to yourself reminding you of your goals.	8. Write a note to yourself reminding you of your goals.	8. Write a note to yourself reminding you of your goals.	8. Write a note to yourself reminding you of your goals.
9. Write a note to someone you care about.	9. Write a note to someone you care about.	9. Write a note to someone you care about.	9. Write a note to someone you care about.	9. Write a note to someone you care about.	9. Write a note to someone you care about.	9. Write a note to someone you care about.
10. Write a note to yourself reminding you of your strengths.	10. Write a note to yourself reminding you of your strengths.	10. Write a note to yourself reminding you of your strengths.	10. Write a note to yourself reminding you of your strengths.	10. Write a note to yourself reminding you of your strengths.	10. Write a note to yourself reminding you of your strengths.	10. Write a note to yourself reminding you of your strengths.

* "The best way to cheer yourself up is to cheer somebody else up." - Mark Twain ♥ "The only way to have a friend is to be one!" - Ralph Waldo Emerson

12 Ways to Show Kindness

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- Just listen to a friend
- Write someone a kind note
- Invite someone to join you
- Forgive someone for a mistake
- Let someone else go first
- Give someone a high-five
- Work with someone new
- Help clean up
- Help someone having a tough day
- Hold the door open for others
- Do an extra chore for others
- Spend time with a friend

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