



Making Praise-lets

What is a Praise-let?

A Praise-let is a praise-bracelet that you make to remind you of the Positive things about you. When you talk to yourself with self-love, your mindset changes towards yourself, your day, and the important people around you.

Supplies you will need:

Thick Rubber bands and Sharpies or Alphabet Beads and String

Pick 2 phrases to tell yourself from the 101 Positive Things To Say to Myself List:

Example: #81: I am braver than I feel.

1

2

Choose a word or acronym to remind you of your phrases, put these words on your Praise-let.

Example: BRAVE

1

2

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