



Do I Love Myself



Let's Communicate



Thoughts

1	6
2	7
3	8
4	9
5	10

Total

Actions

1	6
2	7
3	8
4	9
5	10

Total

Feelings

1	6
2	7
3	8
4	9
5	10

Total

Listening

1	6
2	7
3	8
4	9
5	10

Total

Healthy

1	6
2	7
3	8
4	9
5	10

Total

