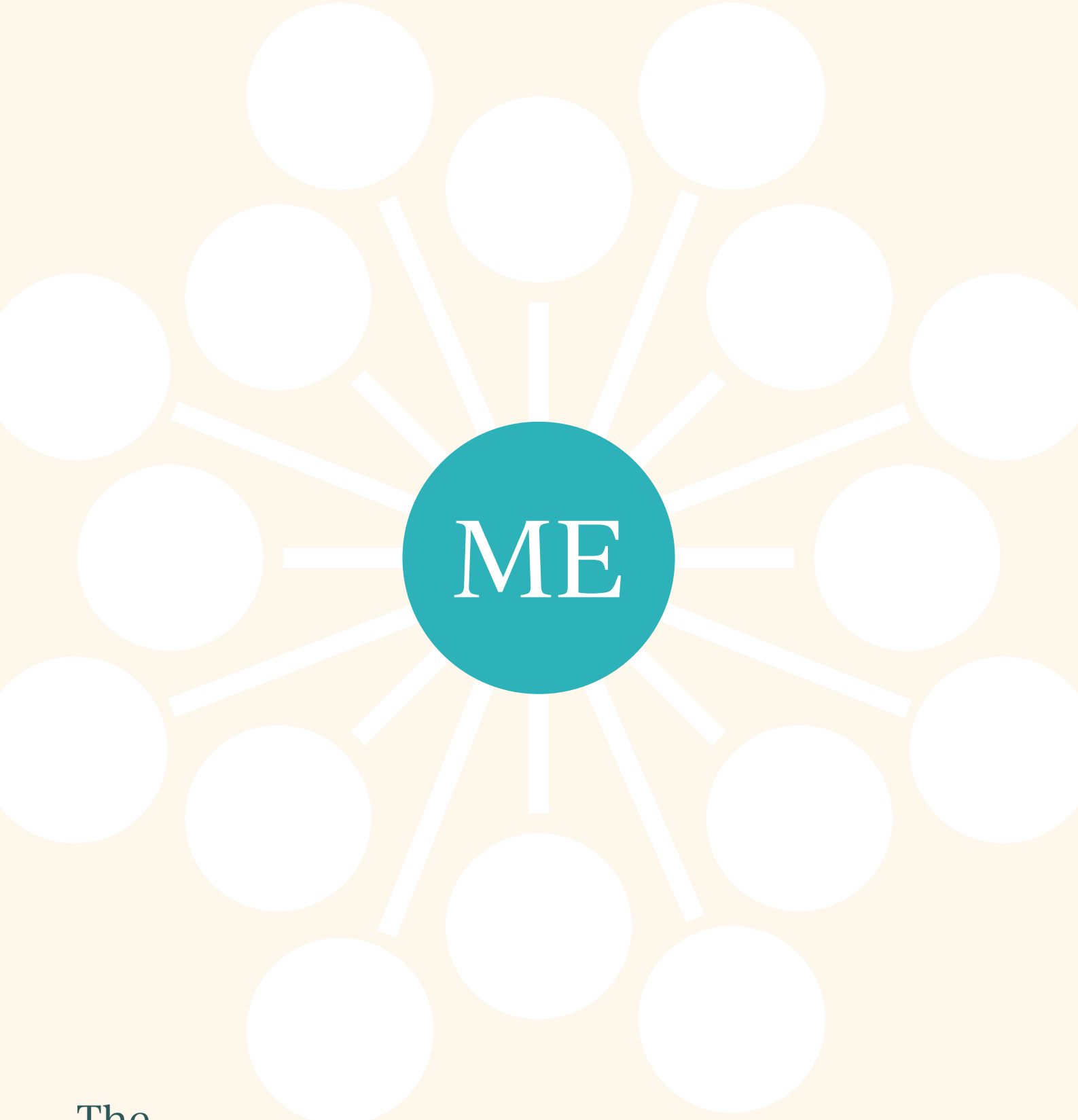
External *Validation*

Complete the spider chart below. Write down as many things as you can think of that you are proud of, that you have overcome, that you surprised yourself with, positive things people say about you, your skills and talents, the people who love you unconditionally, positive words to describe yourself etc. When you have completed every box, print this page out and keep it somewhere visible.



External *Validation*

Take a look at all the amazing things on your spider diagram. This is YOU!

How would you view this person if they were described to you like this?
Do they deserve to feel confident, no matter what?

Write a paragraph below outlining how the person described in the spider diagram SHOULD feel about themselves and what others would say about them when they are not there:

Put this up somewhere you will see it every day to remind yourself just how AMAZING you are and how you should be seeing yourself.