

DivaTude Workshop Exercise 1

Do you like yourself?

Write 25 different things you like about yourself(don't do individual body parts to use up the 25 things :)) Think of 25 totally different things then pick the top three.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
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- 8.
- 9.
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- 11.
- 12.
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- 15.
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- 17.
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- 22.
- 23.
- 24.
- 25.

Write the things you don't like about yourself. Go deep for this exercise and be honest with yourself. Nobody will see your list. A few tears may come but be as honest with yourself as possible. If the bad outnumber the good, that's ok too. We are here to do some healing.

Suggestion: Get a special notebook and keep notes, thoughts and feelings about our discussion as well as the exercises. Make it special by decorating it. Let the little girl in you take over and be creative. Do it, it will be fun!