

My Journey of Self-Acceptance

Self-acceptance can grow gradually. There is no deadline for understanding, naming or sharing who you are.

What parts of myself have become easier to accept?

What still feels difficult?

What messages have influenced how I see myself?

Which of those messages do I want to question?

Who or what has helped me feel accepted?

What would acceptance look like for me?

What would I say to a younger version of myself?

A truth about myself I want to hold onto is...
