

Complimenting Yourself for 31 Days



Virgo is the most self-critical sign, always demanding perfection of itself and being too hard on itself, so Virgo Season is a great time to work on seeing the good in you.

This Virgo Season lasts for 31 days, so for each day, write down one compliment you can give yourself. Focus on any positive thing about yourself - your eyes, your empathy, your decisiveness, your charm, your work ethic, your curiousness, your hair - whatever! No matter how small (sometimes you have to start small).

Each day for 31 days, pick one of the compliments to give yourself, and tell it to yourself throughout the day. Write it out as a list and keep it up somewhere you'll see it daily, or cut out the slips to write them on and take one slip per day.

By the end of Virgo Season, you should hopefully have better confidence!

Complimenting Yourself for 31 Days



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| 1. | 17. |
| 2. | 18. |
| 3. | 19. |
| 4. | 20. |
| 5. | 21. |
| 6. | 22. |
| 7. | 23. |
| 8. | 24. |
| 9. | 25. |
| 10. | 26. |
| 11. | 27. |
| 12. | 28. |
| 13. | 29. |
| 14. | 30. |
| 15. | 31. |
| 16. | |

(write out your self-compliments!)

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