

Day 8: Self

Starting Point:

What do you think about yourself?

What things about yourself are you grateful for?

Quote:

Every human has four endowments- self awareness, conscience, independent will and creative imagination. These give us the ultimate human freedom. The power to choose, to respond, to change. Stephen Covey

Bible verse:

What is man that you are mindful of him, the son of man that you care for him? Psalm 8:4

Inspiration:

Self Image: <http://www.youtube.com/watch?v=Dtk5qs3HvII>

Technique Challenge:

Draw a picture of yourself or find a photograph of yourself to stick in your journal. Cut out words from magazines that describe you in positive terms.

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