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Princess Shayna's Recipe for Healthy Self-Esteem©

Acceptance

Self-worth

Capability

Empowerment

Respect

Creative Problem Solving Skills



Carefully blend equal amounts of *all* ingredients.

Let self-esteem rise in a warm and trustworthy environment.

Fold in lots of love and sprinkle with pride.

Generously share with someone you care about* daily.

Makes one healthy and happy individual!

*Substitute a child, family member, student, partner, parent, friend, co-worker or neighbor.

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