



Help someone feel great about her/himself!

Heart Hugs for: _____

Use this worksheet to recall-and-record specific moments when this special person demonstrated their unique gifts and talents.

	Let them know:	To help someone feel:
1	I so admire how you...	Someone important to me noticed exceptional qualities in me.
Hints	<ul style="list-style-type: none"> ◆ Did this person accomplish something, big or small (scale a 14er, win an award, complete a course, learn a new skill, handled a challenge well?) ◆ Which of their personality traits (looking at the bright side, love of animals) or actions (volunteering, bringing a meal to a friend) move you? 	
	a.	
	b.	
	c.	
	d.	
2	I can't help smiling when I think of how you...	I'm a pleasure to be around
Hints	<ul style="list-style-type: none"> ◆ Does this person have a unique sense of humor? How do they express it? ◆ Which shared experiences made you laugh? ◆ Can you think of a quirky or heartwarming gesture they made? 	
	a.	
	b.	
	c.	
	d.	
3	You brighten up other peoples' lives when you...	I have the power to impact others in a positive way!
Hints	<ul style="list-style-type: none"> ◆ What thoughtful or helpful activities or actions did they perform that benefited someone else? (giving personal/handmade gifts, serving in an organization, caring for relatives/friends/pets, helping others, entertained) 	
	a.	
	b.	
	c.	
	d.	
4	You must be so proud of yourself for...	What's important is that I feel good about myself, not that I have to please anyone else.
Hints	<ul style="list-style-type: none"> ◆ How does this person work to improve herself, achieve mastery, and grow personally (excel in sports/fitness, a profession, a hobby, a role, developing a talent, learning new skills, study)? ◆ When has s/he displayed kindness, courage, forgiveness, determination, or made a contribution? 	
	a.	

	b.	
	c.	
	d.	
5	I'll bet you're so thankful for...	I'm grateful for the wonderful things in my life now.
Hints	<ul style="list-style-type: none"> ◆ Which personal qualities, talents and gifts serve to bring them the most joy? Which life lessons, events, and synchronicities have brought them opportunities? ◆ Who has shown them love, appreciation, and support to help and encourage them? (friends, family, teachers, professionals, associates) 	
	a.	
	b.	
	c.	
	d.	
6	I wish for you...	Someone significant in my life wants the best for me, and these values are important.
Hints	<ul style="list-style-type: none"> ◆ Which qualities do you hope they develop, and which experiences do you hope they have (being a good friend, getting a good education, helping others)? ◆ What life lessons do you think will serve them best (listen to your inner voice/heart, count your blessings daily, courage to step out of their comfort zone)? 	
	a.	
	b.	
	c.	
	d.	
7	I'll never forget when you and I...	I've shared fun and meaningful times with someone great—I have a good life!
Hints	<ul style="list-style-type: none"> ◆ What meaningful conversations, special activities, funny experiences, and memorable outings have you had? What traditions do you share? What did you discover/learn/work on at the same time? 	
	a.	
	b.	
	c.	
	d.	
8	You're perfect just the way you are...	Even when I'm fearful, frustrated, or angry with myself or my life, I'm learning and growing exactly as I should.
Hints	<ul style="list-style-type: none"> ◆ What personality traits, habits, or circumstances cause her to feel low confidence, frustrated, discouraged, or depressed? Which traits, resources, and alternative choices in thinking and actions can help? Assure him he's on the right track for his life, even when it's rough. 	
	a.	
	b.	
	c.	
	d.	