

Lesson Eleven: Acceptance (Be comfortable with who you are)



Do you focus more on what you do wrong or what you do right? Do you compare yourself to others and dwell on what you don't like about yourself?

Learning to accept who you are and making the most of your strengths is an important happiness skill. It's about treating yourself like you would a good friend!

**Task One:** Think of all of your strengths. Now it's time to save the day! Draw yourself as a superhero and label it with all the good things about you.

