



CIGNA Behavioral Health

You Are Lovable

Sometimes we forget to appreciate ourselves as much as we deserve and need. We may berate ourselves about our inadequacies, and wait for others to tell us about our good points. This is your chance to compose a love letter to yourself.

Dear _____,

Have I told you lately how much I value and respect you? Though I have known you for a long time, your _____ still amazes me.

To me you are beautiful, especially your _____ and your _____.

I was especially proud of you when _____.

I also admire you when _____.

Remember, you are a truly lovable person. Two of your most lovable traits are your _____ and your _____.

Although there are many wonderful people in the world, there's nobody quite like you!

_____ I love you.

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