

Name _____

Embrace Your Inner Unicorn: The Magic of Self-Acceptance

Short Answer

1. Explain the concept of self-acceptance and why it is important in a person's life.
2. Describe the role of the comparison trap in hindering self-acceptance. Provide an example of how comparing oneself to others can impact self-esteem.
3. How does practicing self-compassion relate to the journey of self-acceptance? Share an example of a situation where self-compassion can support self-acceptance.
4. Why is embracing imperfections highlighted as an important aspect of self-acceptance? How can this mindset shift positively affect an individual's self-worth?
5. Discuss the significance of surrounding oneself with positivity on the path to self-acceptance. Share an experience where being in a positive environment influenced your self-acceptance journey.

