

KEEP CHILLED

500 ml

— CUT LINES

- - - DOTTED FOLD LINES

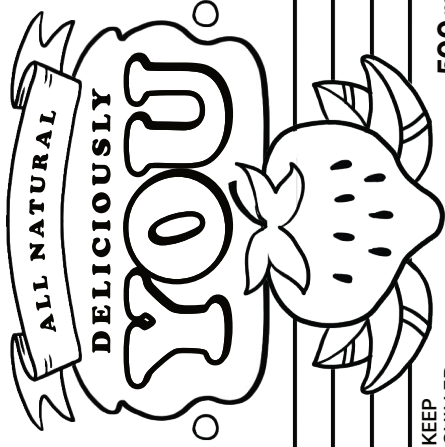
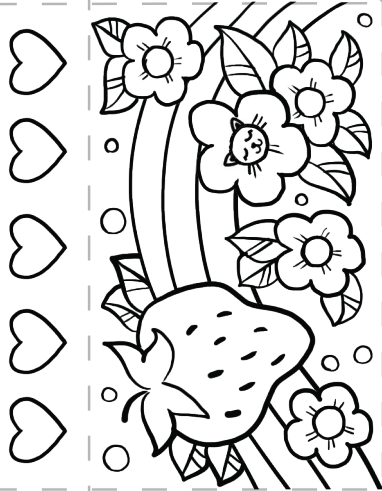
/// GLUE AREA

FOR A DEMO VISIT

[lizalluma.com/milk-box](http://lizalluma.com/milk-box)

**You** are more than just one simple word and are made up of so many amazing qualities! You are an original, so... be kind to yourself and be the wonderfully imperfect and extraordinary young individual you are meant to be. You are worth it!

More info: [lizalluma.com/milk-box](http://lizalluma.com/milk-box)



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**INSTRUCTIONS**

1. PRINT on Letter or A4 paper
2. FILL OUT the Nutrition Facts with percentages of positive qualities to describe yourself
3. COLOR
4. CUT AND FOLD

NAME: \_\_\_\_\_

**Nutrition Facts**

Serving Size: 1 Unique Individual

Amount per serving

**Unconditional**

% Daily Value\*

%

%

%

%

%

\*% Daily Value is based on a diet of pure acceptance

B

A

A

# WHAT MAKES YOU YOU ?



If there was one word that others would label you as, what would it be?

LOVE  
yourself

However, you are made up of so many amazing qualities than just one simple word.

SOME POSITIVE QUALITIES  
TO DESCRIBE YOURSELF

(HIGHLIGHT YOURS)

What do you wish others knew about you?

- Ambitious
- Big-hearted
- Brave / Confident
- Creative / Artistic
- Curious
- Friendly
- Funny
- Helpful
- Honest
- Imaginative
- Intelligent
- Kind
- Lovable
- Loyal
- Playful
- Quirky
- Sensitive
- Strong
- Sweet
- Thoughtful
- Trustworthy
- Upbeat
- Witty



Scan here for a video demo.



[lizalluma.com/milk-box](http://lizalluma.com/milk-box)