

New clothes. New uniforms. New backpack. New school supplies. All are important items to have for the new year.

But if you really want to be prepared for #Back2School, make sure you stock up on the following 10 things you won't find on any supply list.

The great thing about this #Back2School checklist? Everything is FREE! It'll only cost you a little time, lots of love, attention and affirmation each day.

Back to School School Supply Lists



1. **CONFIDENCE**...in who you are — your unique gifts, talents and dreams for the future. Not just how you looks.
2. **GOALS**...for what you want to accomplish this school year.
3. **COURAGE**...to say NO, and understand that NO is a complete sentence. No explanation or justification is needed.
4. **FRIENDS**...who share your values and help hold you accountable.
5. **SELF-RESPECT**...to know what is in your best interests and honor it!
6. **INDIVIDUALITY**...to stand out from the crowd and own who you are.
7. **HIGH EXPECTATIONS**...for the type of person you will date and never settling for less than you deserves.
8. **DISCERNMENT**...to recognize when people are only telling you what they think you wants to hear.
9. **BOUNDARIES**...to prevent the “It just happened” from happening.
10. **THANK YOU CARDS**...to send to any person who discontinues a relationship with you because you won't do what he or she wants you to do.