

ACTIVITY JOURNAL

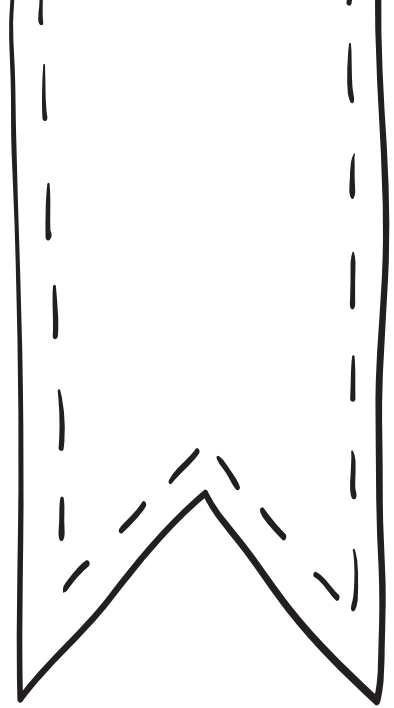
EVERYTHING  
IS RIGHT  
ABOUT  
YOU®

BECOMING YOUR

Best  
Self

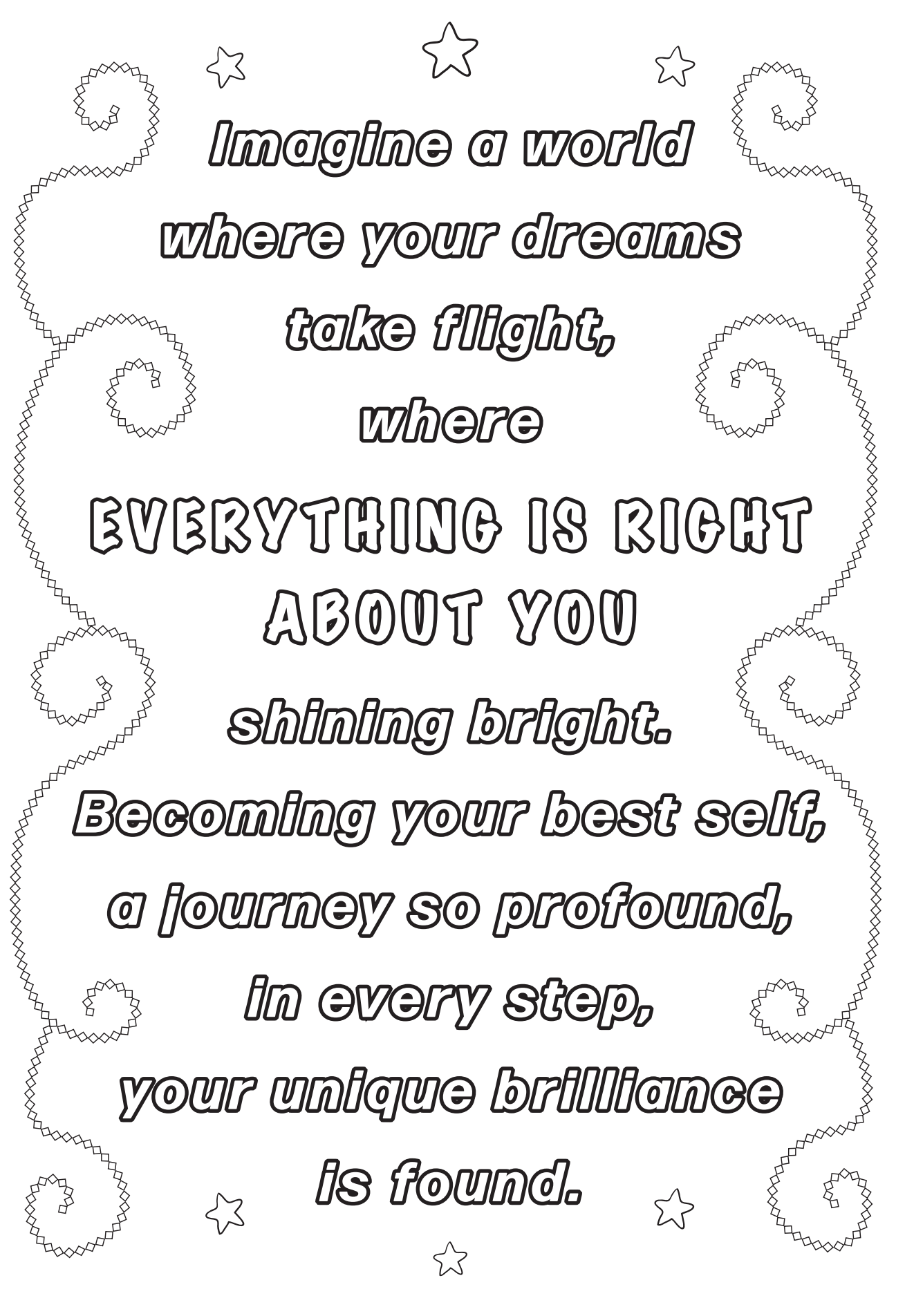
DR. JILL KAHN & BRIANNA GREENSPAN

Everything  
is right  
about you



becoming your

Best  
Self.

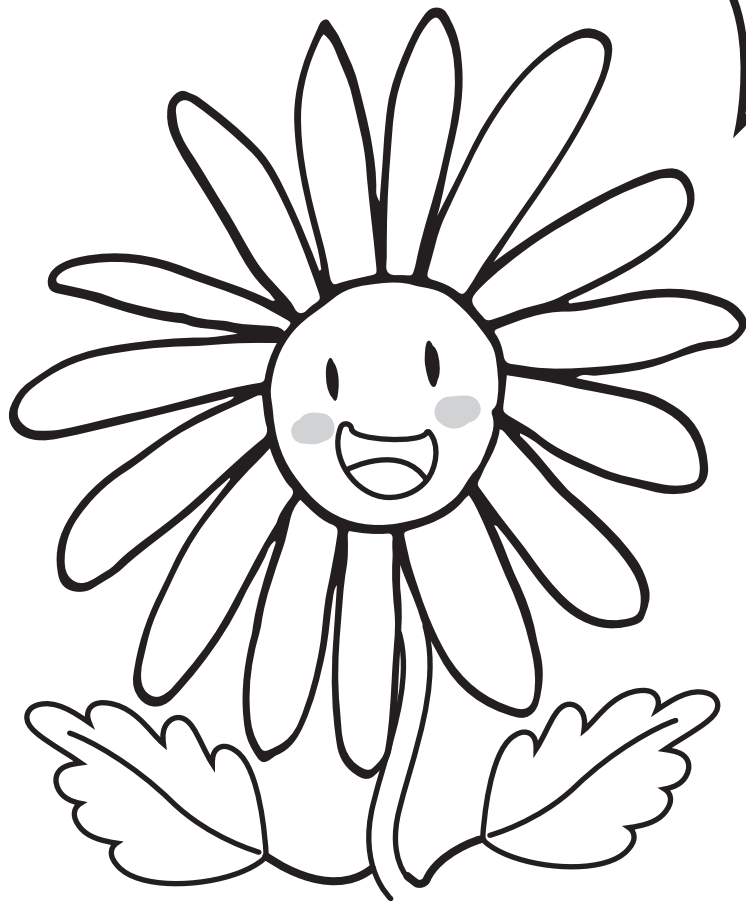


*Imagine a world  
where your dreams  
take flight,  
where  
EVERYTHING IS RIGHT  
ABOUT YOU  
shining bright.*

*Becoming your best self,  
a journey so profound,  
in every step,  
your unique brilliance  
is found.*

Repeat after me:

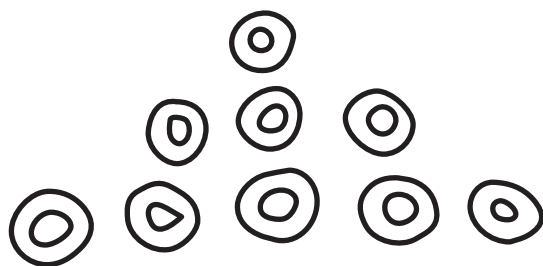
Everything is right about me.  
Everything is right about you.  
Everything is right  
about everyone.





# HOW TO USE YOUR ACTIVITY JOURNAL

- ☒ Keep it where you will remember to use it.
- ☒ Have pencils, pens, crayons, and markers handy at all times.
- ☒ Set aside time daily—write or color for five minutes or more every day.
- ☒ Enjoy your activity journal in the morning to start your day on a positive note, at nighttime to reflect on your day, or anytime of the day that feels good to you.
- ☒ You can journal by yourself, invite a friend, or even have your whole family join in the fun.
- ☒ Draw and write whatever feels right, make it your own, be creative, and most of all,
- ☒ HAVE FUN!



Everything is right  
about you

being a  
self-assured  
person.



**I AM ENERGIZED AND MOTIVATED**

**TO WHOLEHEARTEDLY PURSUE**

**♥ BECOMING MY BEST SELF. ♥**

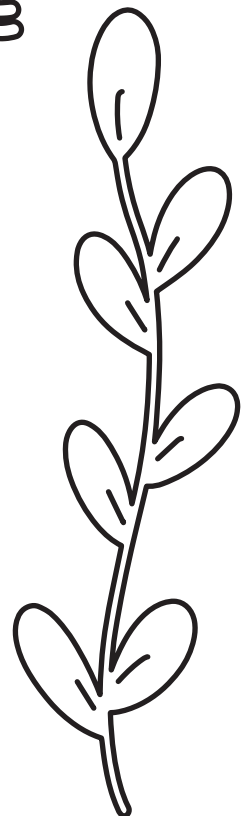
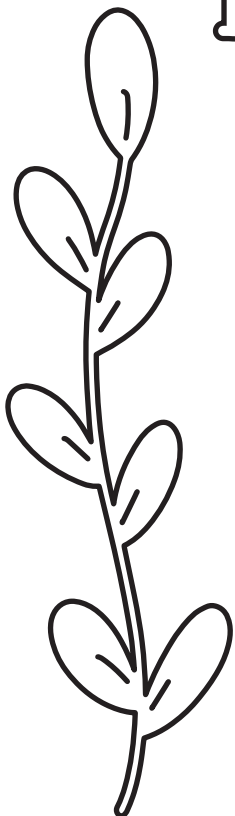
**WITH ENTHUSIASM AS MY FUEL,**

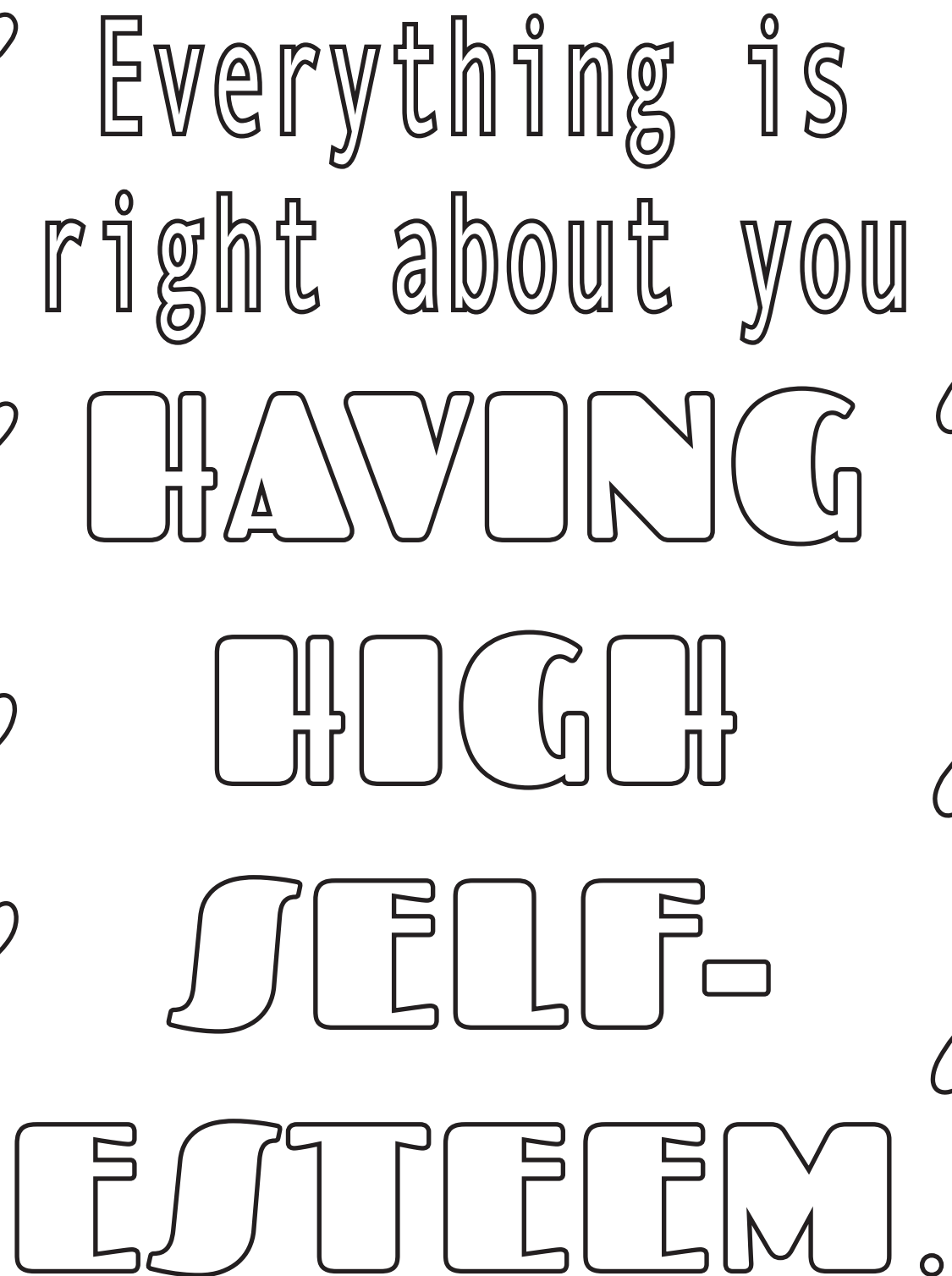
**I LOOK FORWARD TO THE  
EXCITING JOURNEY**

**OF SELF-IMPROVEMENT,**

**READY TO CONQUER  
CHALLENGES AND**

**CELEBRATE MY WINS  
ALONG THE WAY.**





Everything is  
right about you  
**HAVING**  
**HIGH**  
**SELF-**  
**ESTEEM.**





*I am worthy.*

*I have self-respect.*

*I choose to be  
proud of who I am.*

