

ACTIVITY JOURNAL

EVERYTHING
IS RIGHT
ABOUT
YOU[®]
feeling
CONFIDENT



DR. JILL KAHN & BRIANNA GREENSPAN



HAVING AN
EVERYTHING IS
RIGHT ABOUT
YOU
MINDSET
IS EVERYTHING!





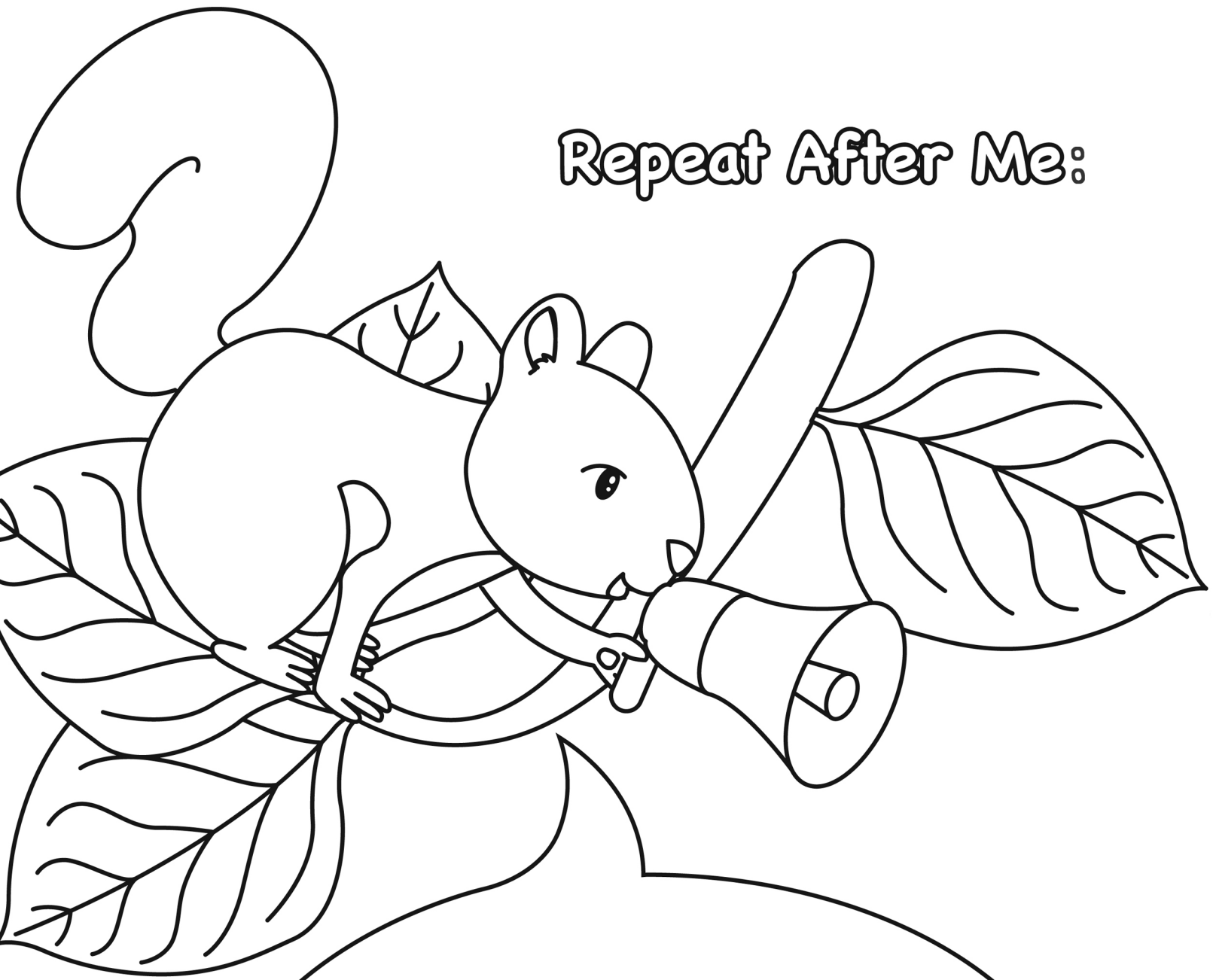
**Imagine leading your life with an
Everything Is Right About You® mindset.**

**Imagine having unlimited confidence, knowing
that you are the right person for the right
moment and that you have what it takes to
do hard things.**

**Imagine feeling so empowered that you
shine as you try new things, make safe
healthy decisions, and bounce back from
mistakes with a winning attitude.**

**The Everything Is Right About You® book
series will help you to do all this and more!**

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, or you can 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!

Declaration

Everything is right about me...

- Leading with confidence.
- Being compassionate.
- Treating myself and others with respect.
- Remembering that being kind is always more important than being right.
- Doing hard things.
- Allowing myself to make mistakes while I'm learning.
- Respecting everyone's differences.
- Focusing on being the person best I can be.
- And most important, leading my life knowing that...

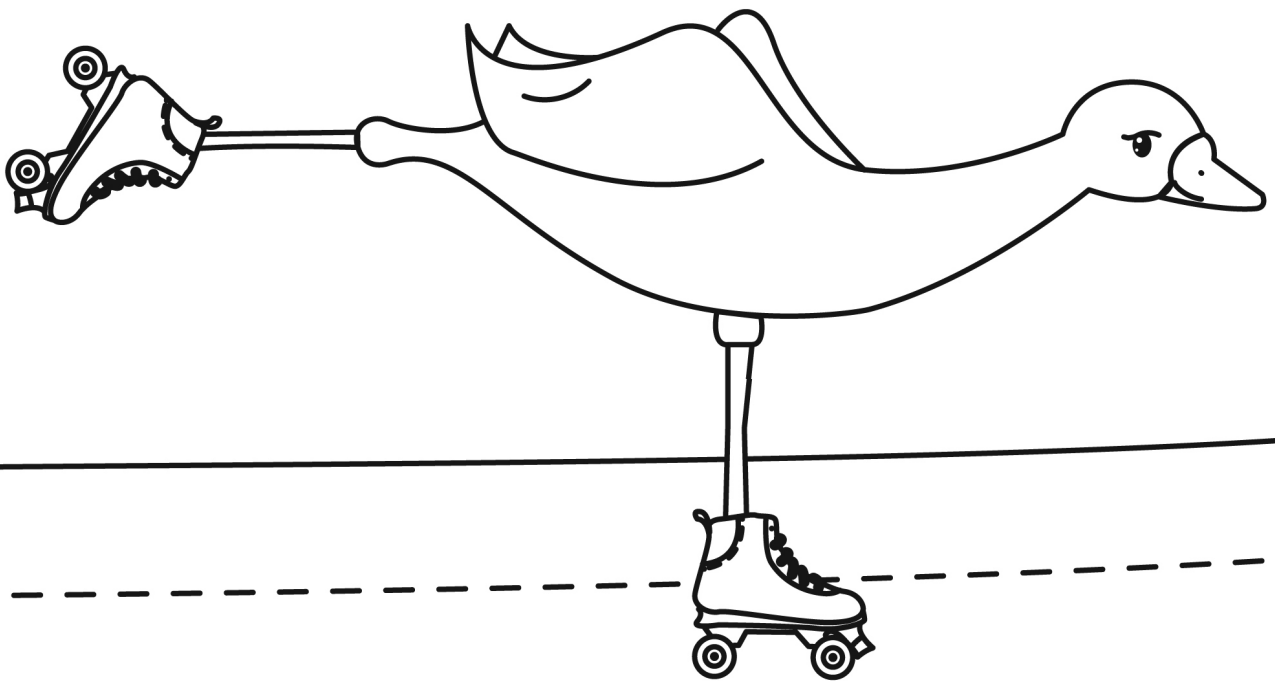
**Everything is right about me
&
Everything is right about you.**

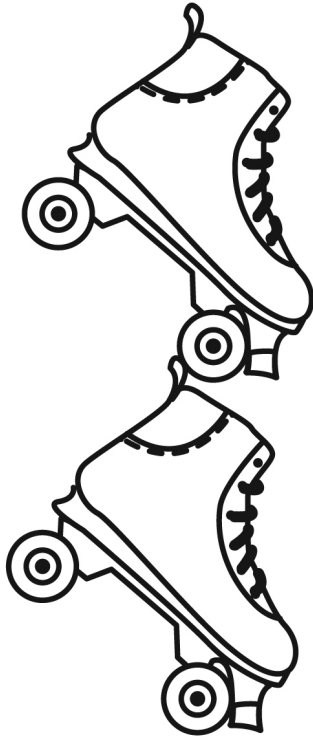
I declare that
Everything is right about me!

X



Everything is
right about you
FEELING
CONFIDENT.





When you're feeling
confident,
what emotions do you
experience?

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