

The background of the entire cover is filled with various small, hand-drawn doodles and confetti-like shapes. These include circles, teardrop shapes, starbursts, and squiggly lines, all scattered across the white background.

ACTIVITY JOURNAL

EVERYTHING IS RIGHT ABOUT YOU[®]

FEELING GRATEFUL

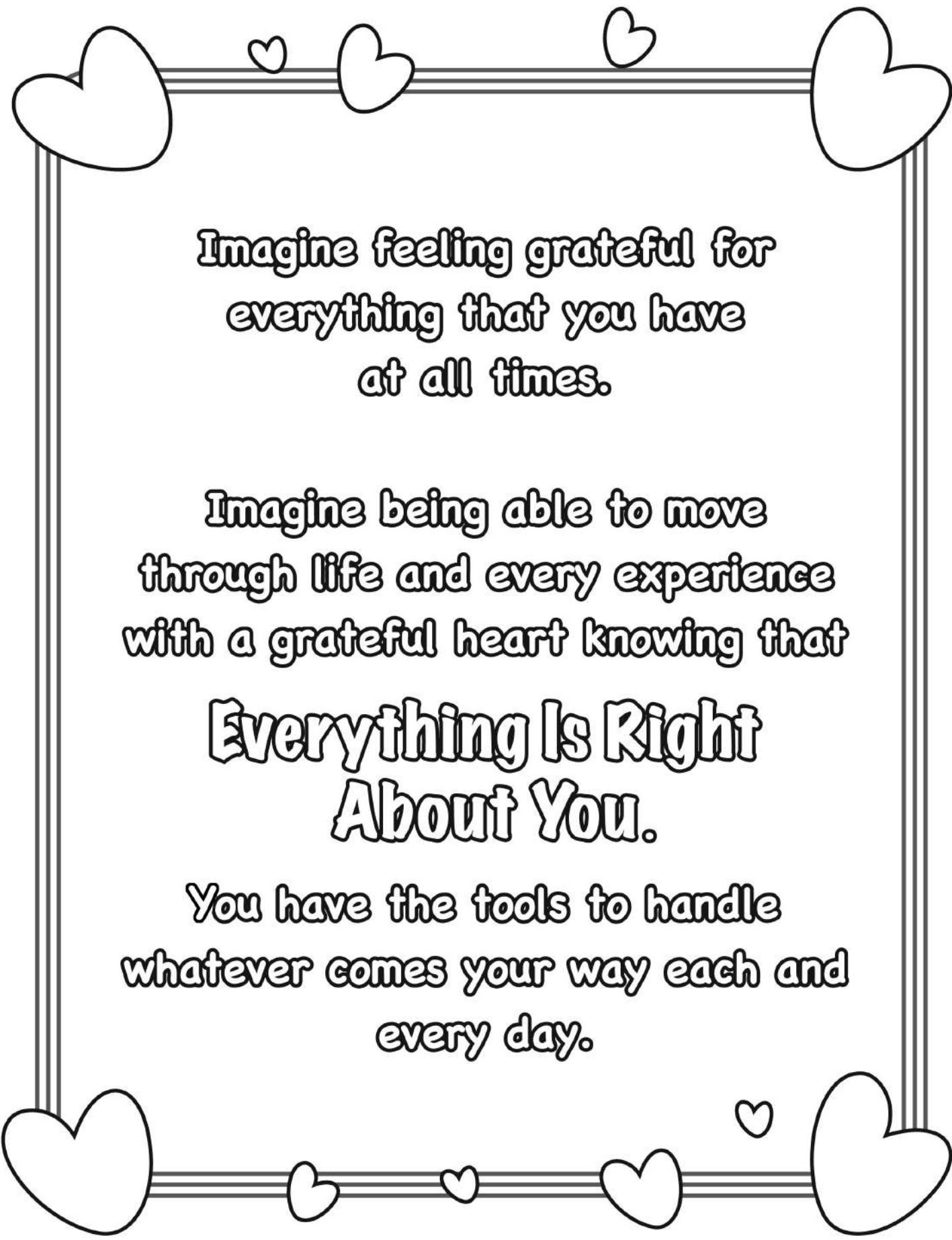
DR. JILL KAHN & BRIANNA GREENSPAN

A thick, dark, horizontal brushstroke with a slightly irregular, hand-painted appearance, located below the authors' names.

Everything is
right about you

FEELING
GRATEFUL.





Imagine feeling grateful for
everything that you have
at all times.

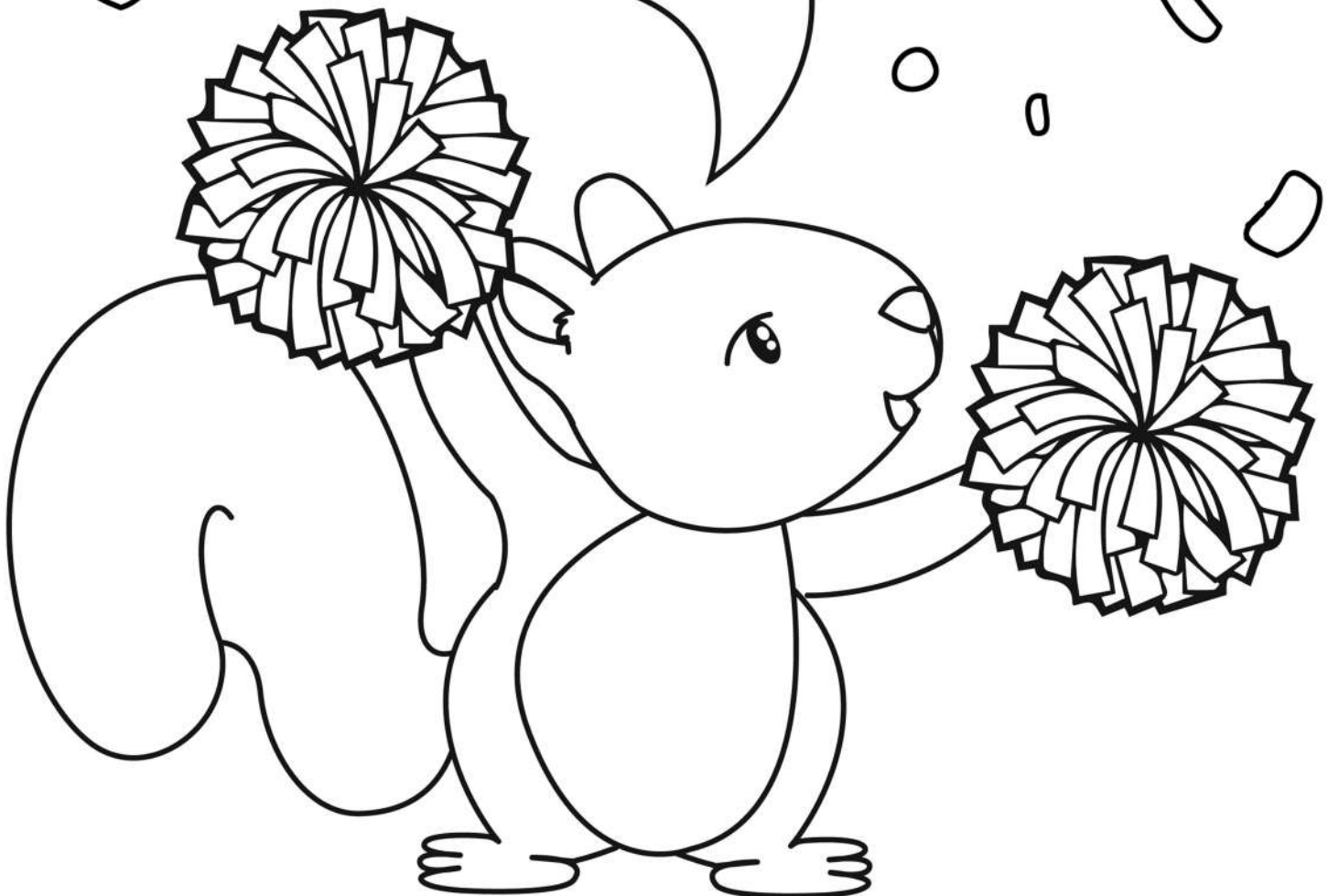
Imagine being able to move
through life and every experience
with a grateful heart knowing that

**Everything Is Right
About You.**

You have the tools to handle
whatever comes your way each and
every day.

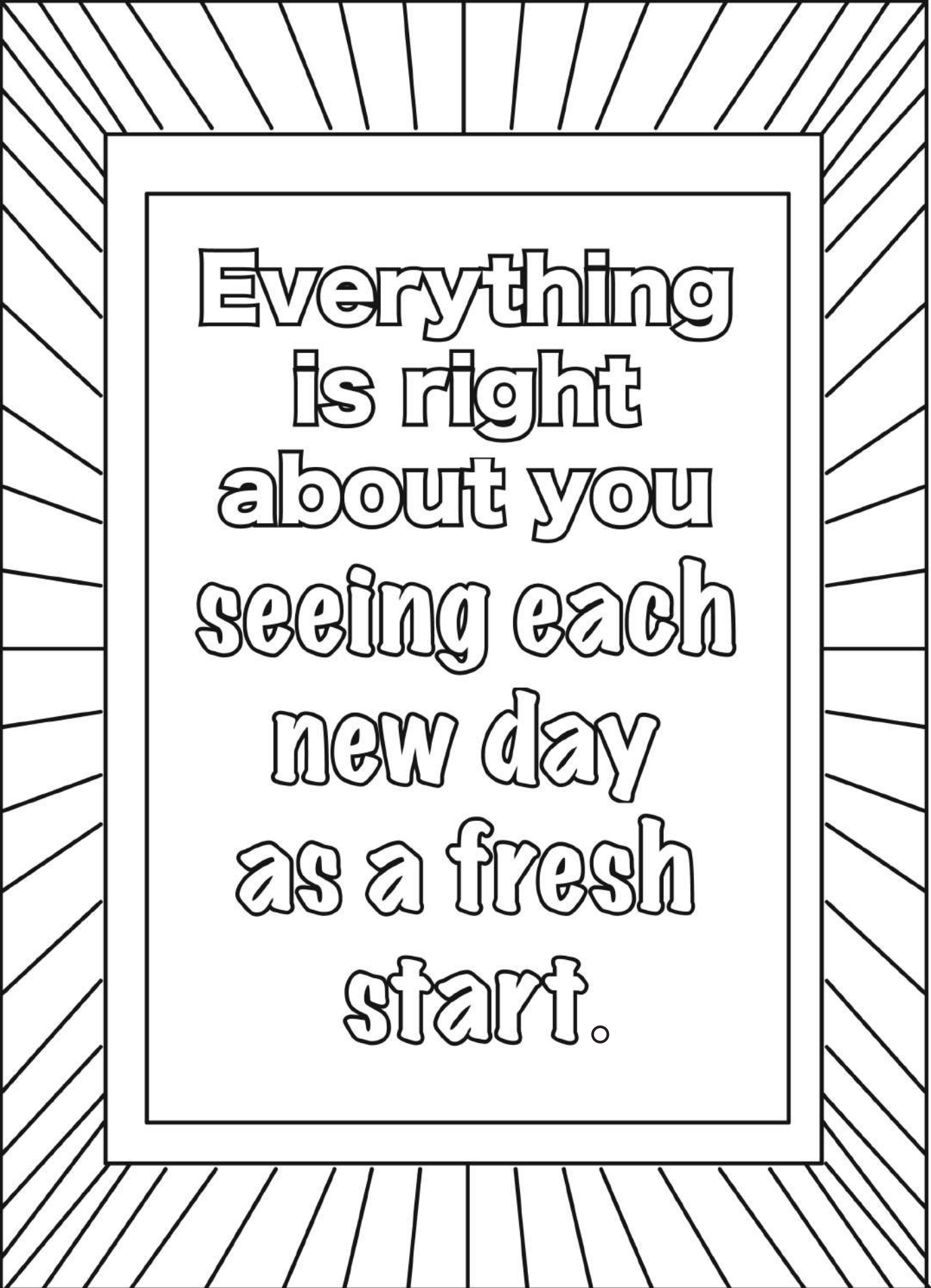
Repeat After Me:

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!



Everything
is right
about you
seeing each
new day
as a fresh
start.

Repeat Out Loud:

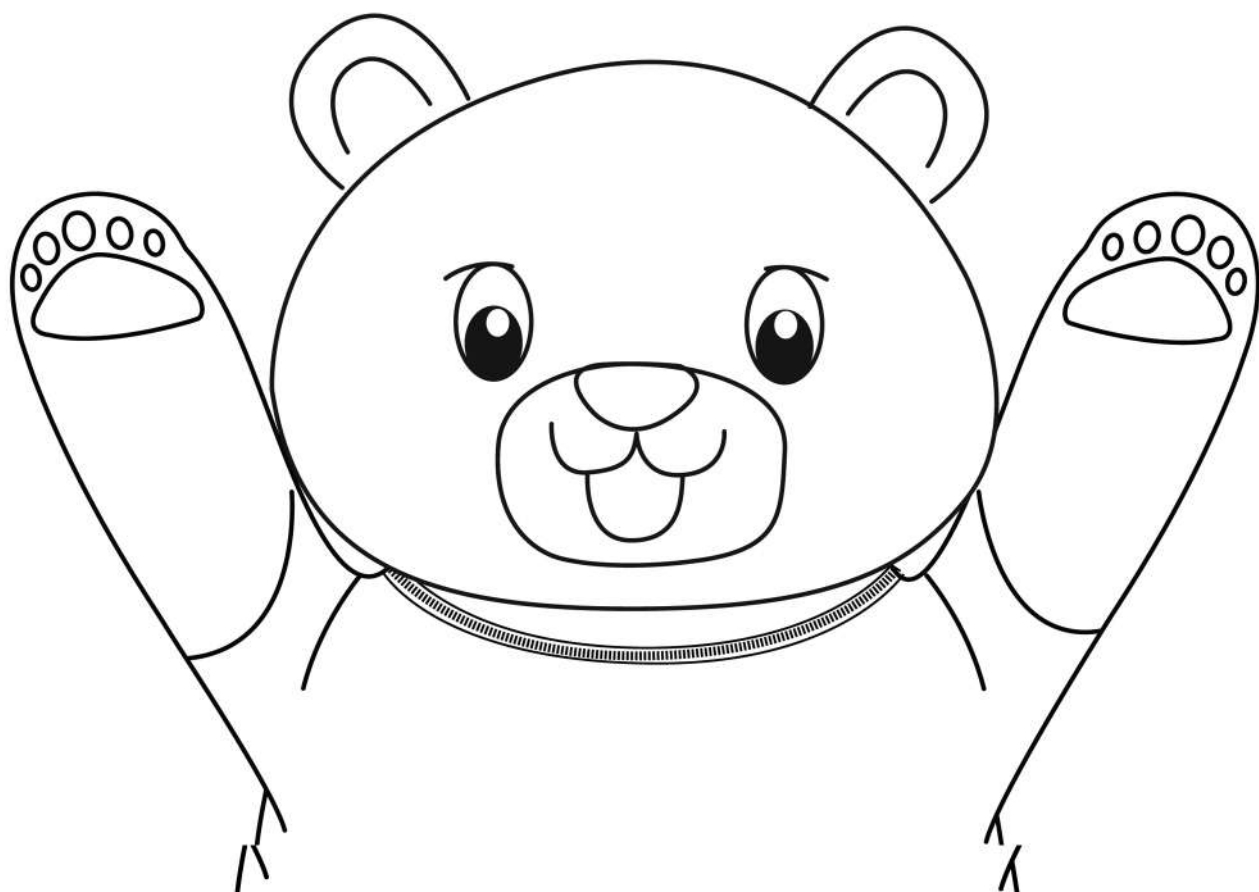


I am ready to start my day
with a smile
and a positive attitude



and the
confidence to
stay empowered
no matter what
comes my way.

Everything is
right about you
HAVING AN
ATTITUDE OF
GRATITUDE.



Everything is right about you
having an attitude of gratitude
and a positive mindset as well.

Whenever you're faced with
doing hard things,
you'll have what it takes to excel.

You'll look for the good
in every situation
and feel optimistic
each and every day.

You'll hold your head high,
knowing that
everything will be okay.

My promise

I'm excited and ready
to look for the good in all situations,
to lead with kindness,
to have a grateful heart,
to treat others with respect,
to have a positive mindset,
to have a good attitude,
to do good for myself and others
because

Everything Is Right About Me

&

Everything Is Right About You!

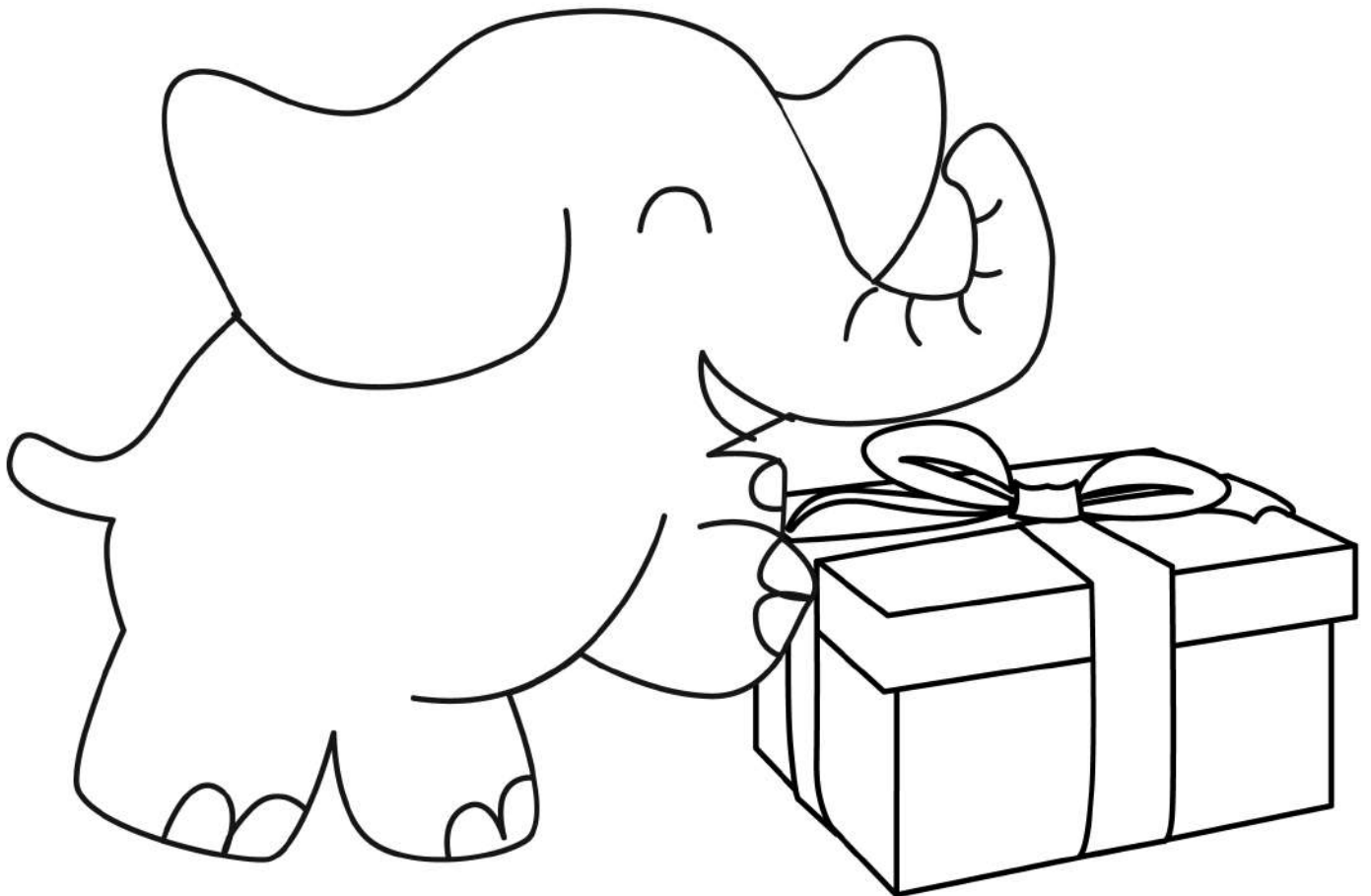
The page is decorated with various confetti shapes, including stars, circles, and irregular polygons, scattered across the background.

Everything Is Right About Me!

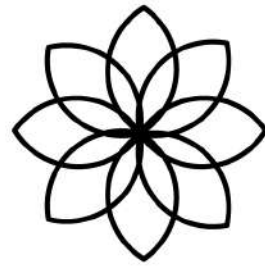
I choose to start each day
with a grateful heart. I am
ready and committed to live in
gratitude today and every day.



Everything is
right about you
BEING A
G.I.V.E.R.



A G.I.V.E.R. is



G R A T E F U L

Always be thankful and appreciative.

I N S P I R A T I O N A L

Inspire and influence others positively.

A V I S U A L I Z E R

Imagine the most positive accomplishments that you want to achieve in the future.

A N E N C O U R A G E R

Have a real and loving concern for yourself and others.

R E S P O N S I B L E

Keep your promises, be dependable, and honor your commitments.