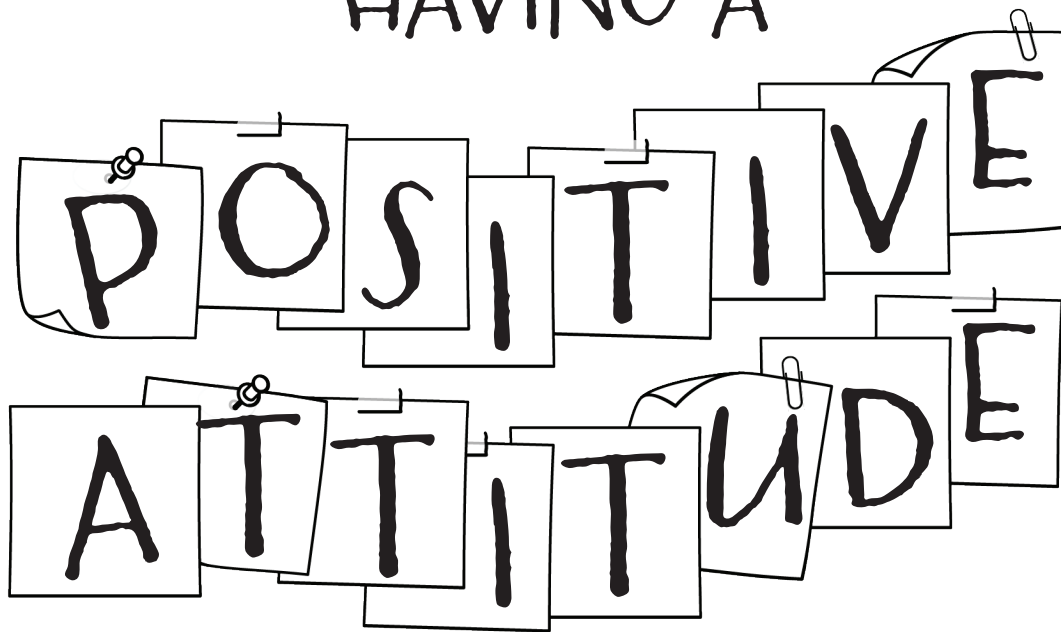


ACTIVITY JOURNAL

EVERYTHING IS RIGHT ABOUT YOU[®]

HAVING A



DR. JILL KAHN & BRIANNA GREENSPAN

Everything is
right about you

HAVING A
★ POSITIVE ★
ATTITUDE.





Imagine being able
to move through life
and every experience
knowing that

Everything Is Right
About You

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

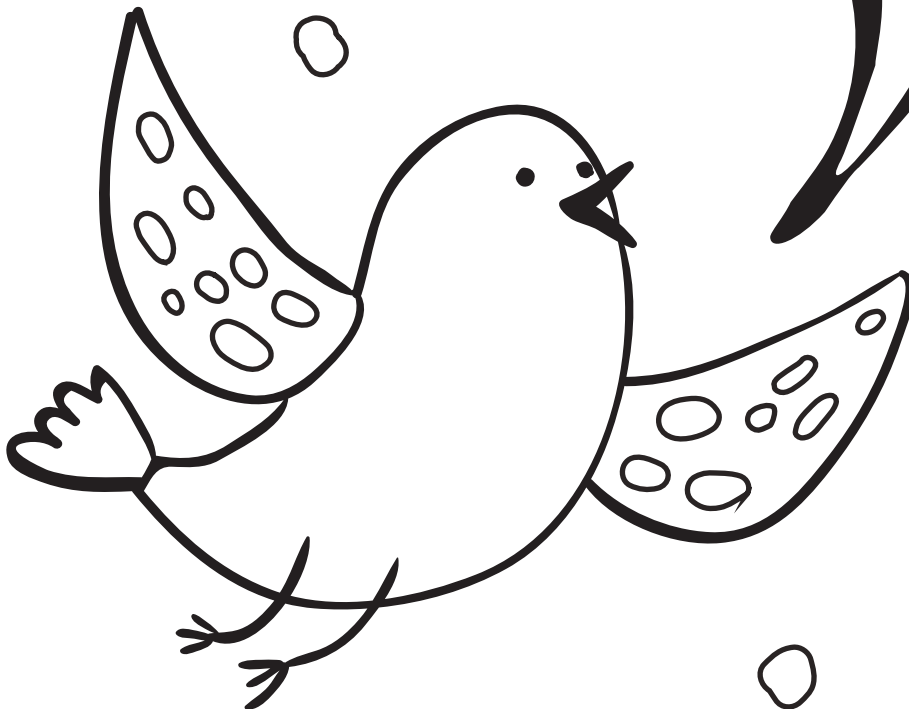


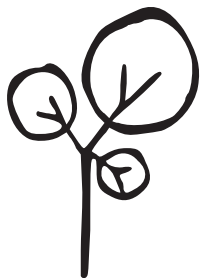
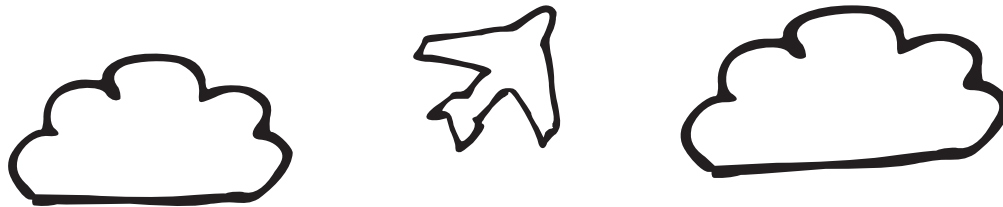
Repeat after me:

Everything is right about me.

Everything is right about you.

Everything is right
about everyone.

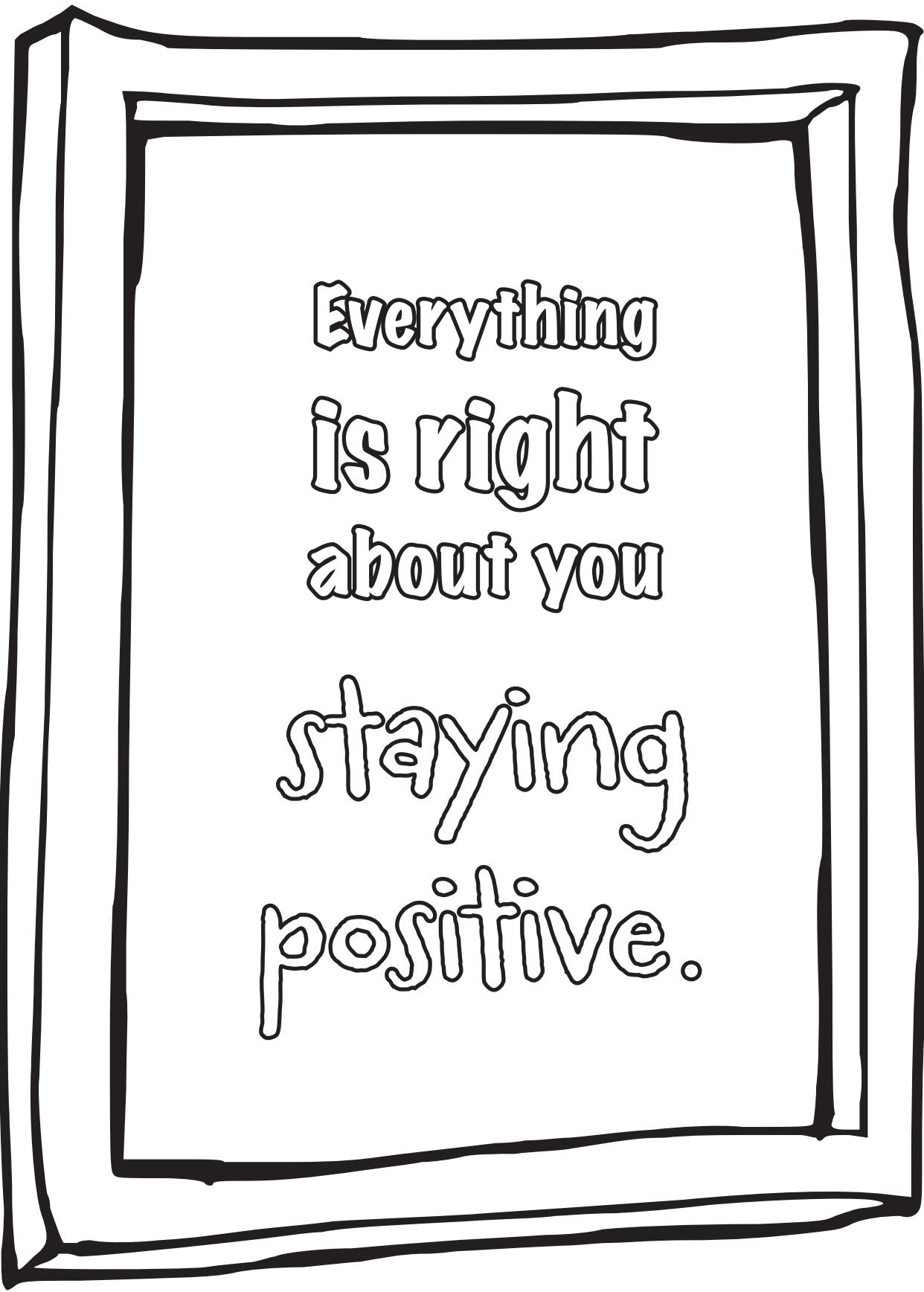




HOW TO USE YOUR ACTIVITY JOURNAL

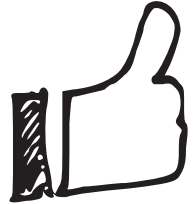
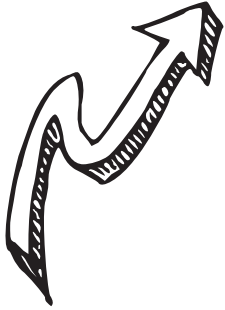


- ☑ Keep it where you will remember to use it.
- ☑ Have pencils, pens, crayons, and markers handy at all times.
- ☑ Set aside time daily—write or color for five minutes or more every day.
- ☑ Enjoy your activity journal in the morning to start your day on a positive note, at nighttime to reflect on your day, or anytime of the day that feels good to you.
- ☑ You can journal by yourself, 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!

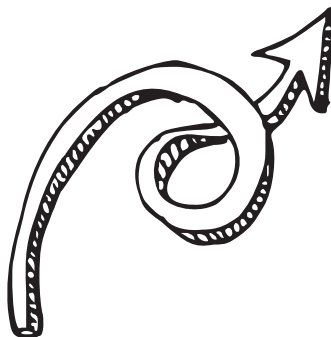
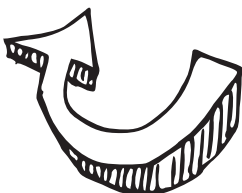
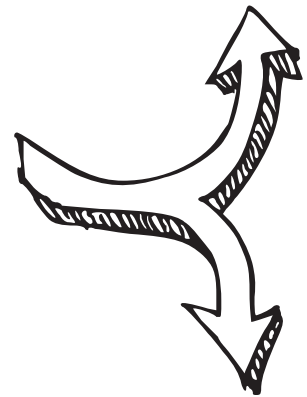


Everything
is right
about you
staying
positive.

Repeat out loud:



I AM EXCITED TO
KEEP A POSITIVE
ATTITUDE
THROUGHOUT
MY DAY,
NO MATTER
WHAT COMES
MY WAY.





I choose to begin my day with a
positive attitude.

This is the key to my success because
it will keep me motivated and
optimistic. I'm excited because I know
with a positive attitude, hard work, and
dedication I can achieve great things. I
will look for the good in myself and
others knowing that

**Everything Is Right About Me
&**

Everything Is Right About You!



Everything Is Right
About Me!

