

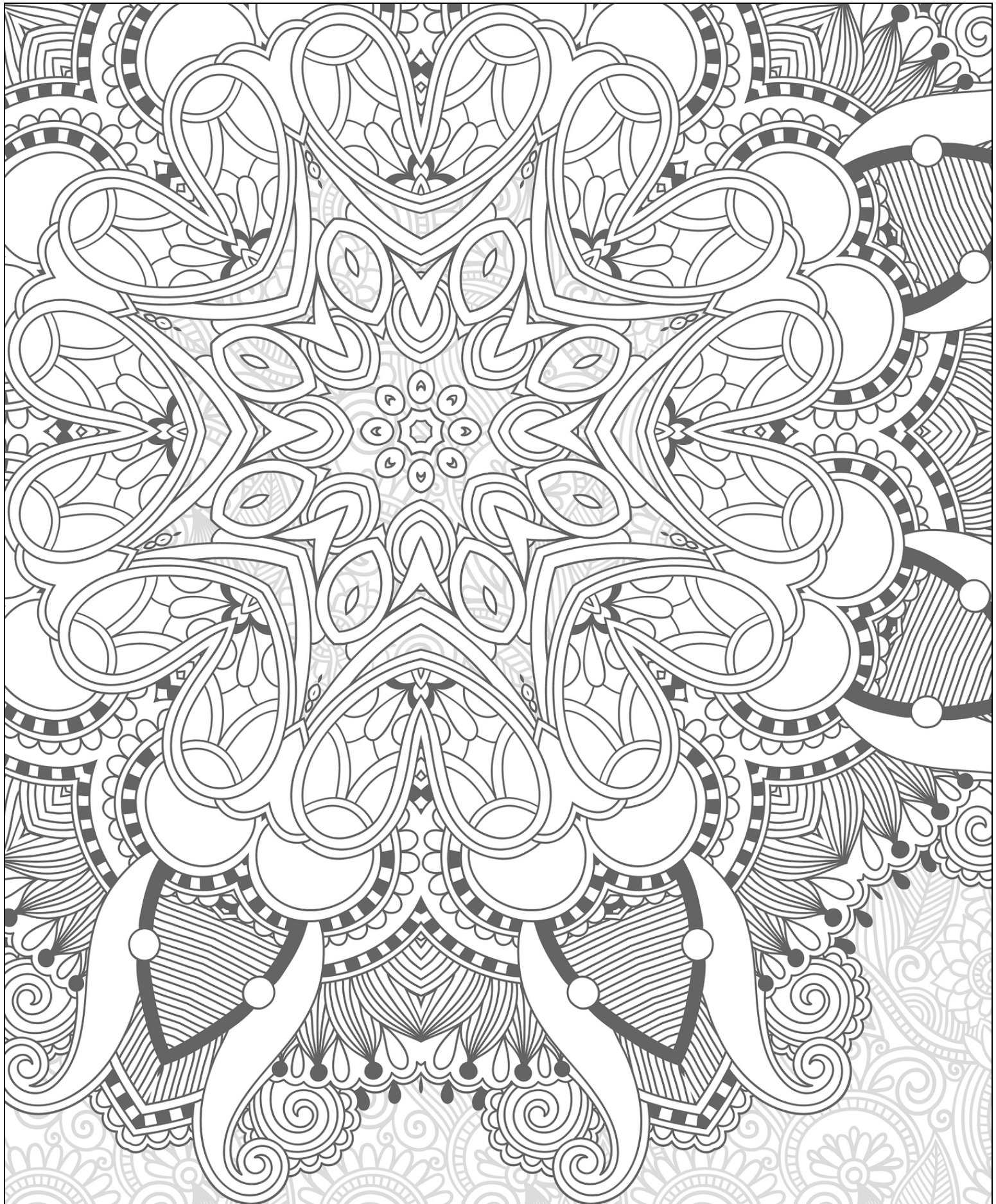
I'm Worth it



SELF-ESTEEM

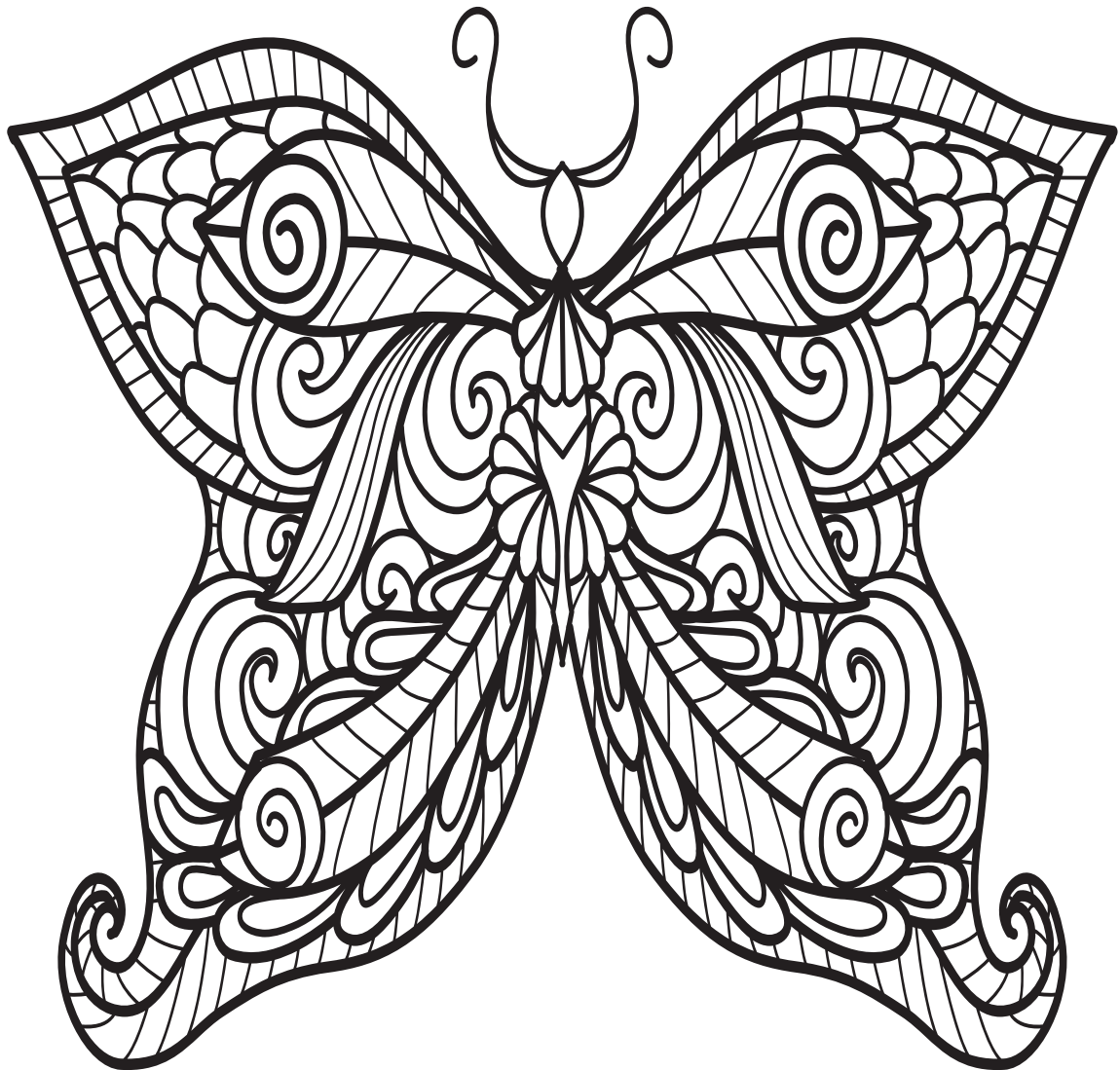
Coloring  Journal

Name: \_\_\_\_\_

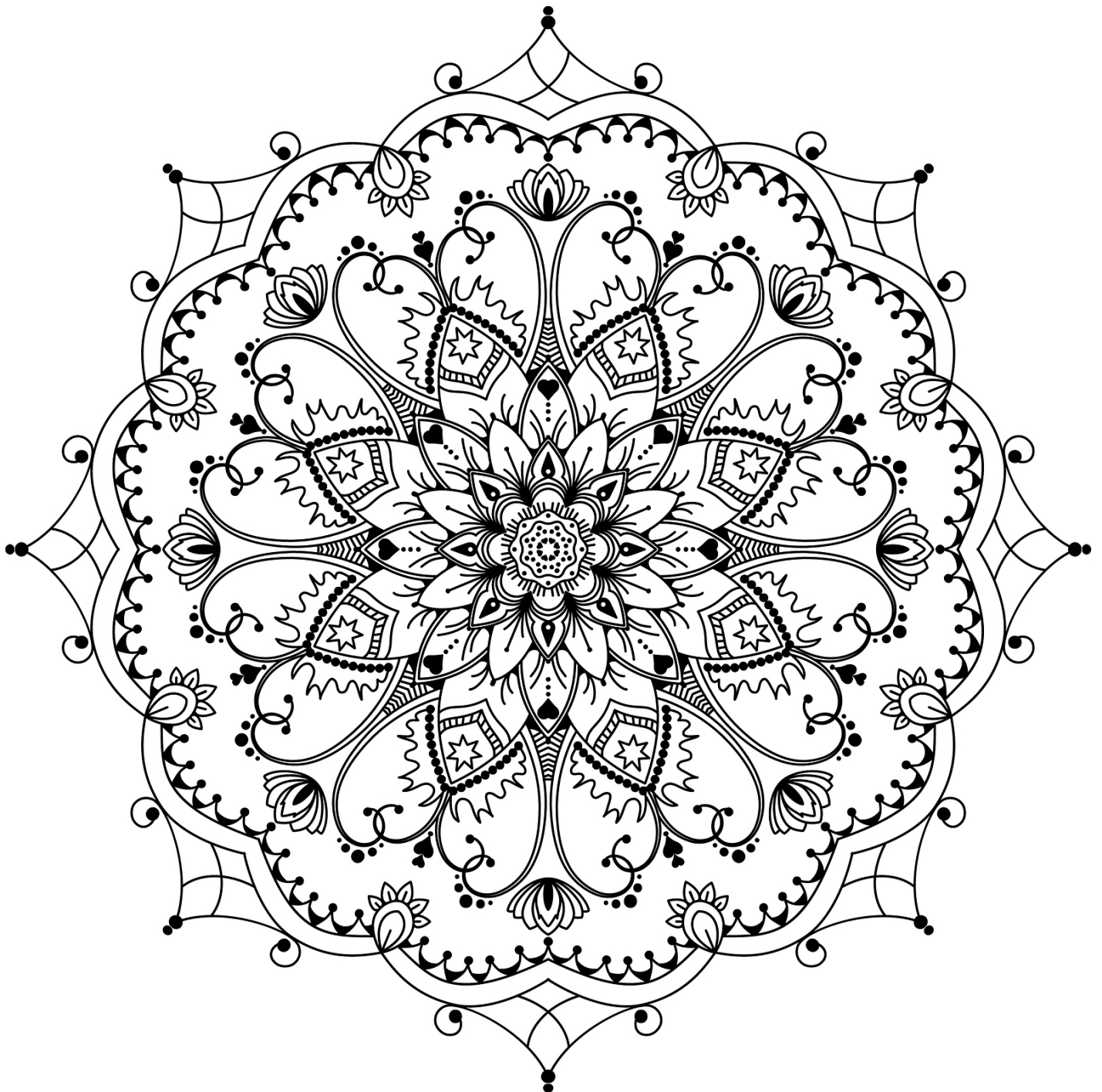


"YOU YOURSELF, AS MUCH AS ANYBODY IN THE ENTIRE UNIVERSE, DESERVE YOUR LOVE AND AFFECTION"  
— BUDDHA

TAKE CARE OF YOU.  
YOU'RE WORTH IT.



DON'T LET ANYONE  
STEAL YOUR SUNSHINE.

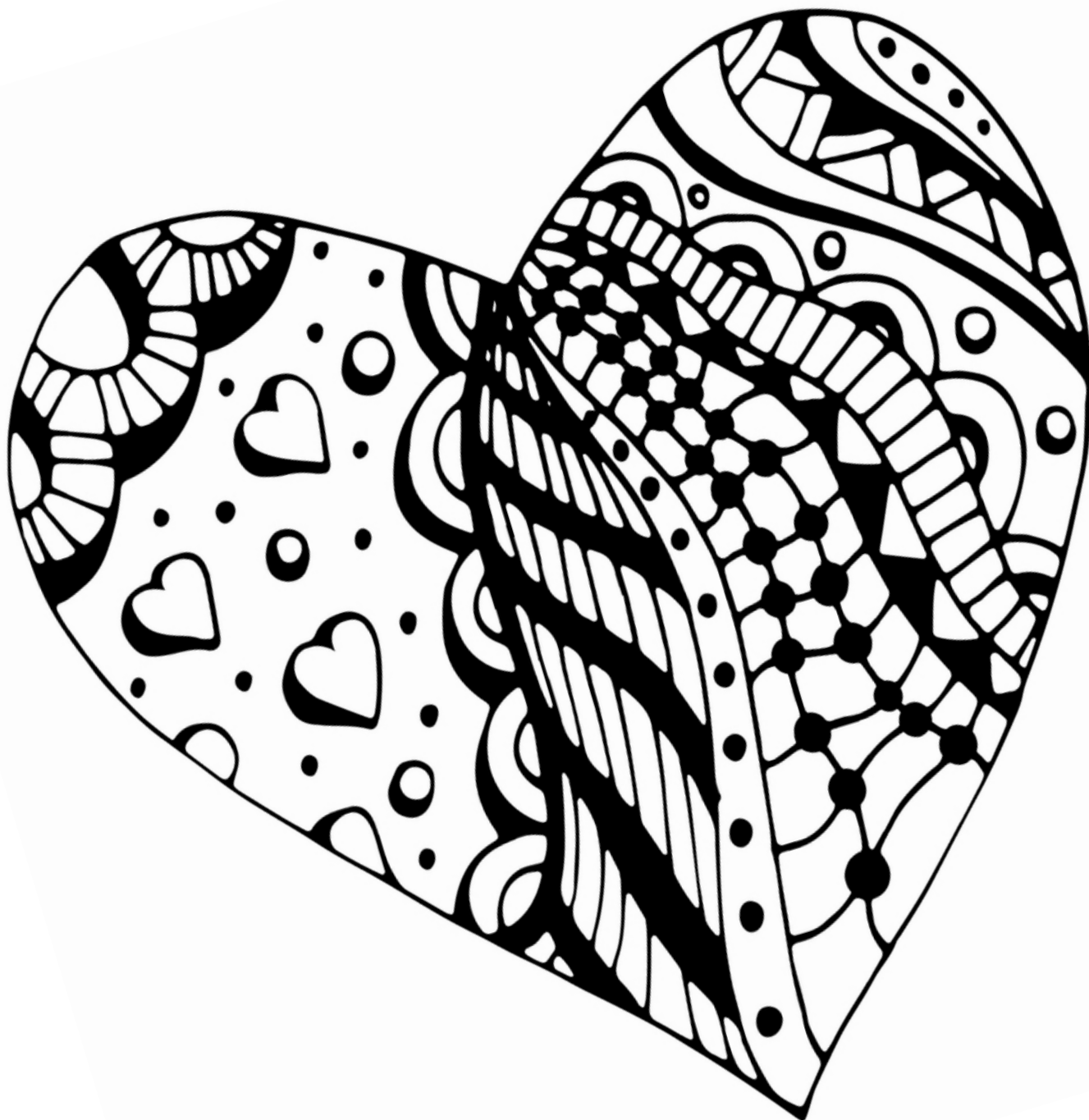




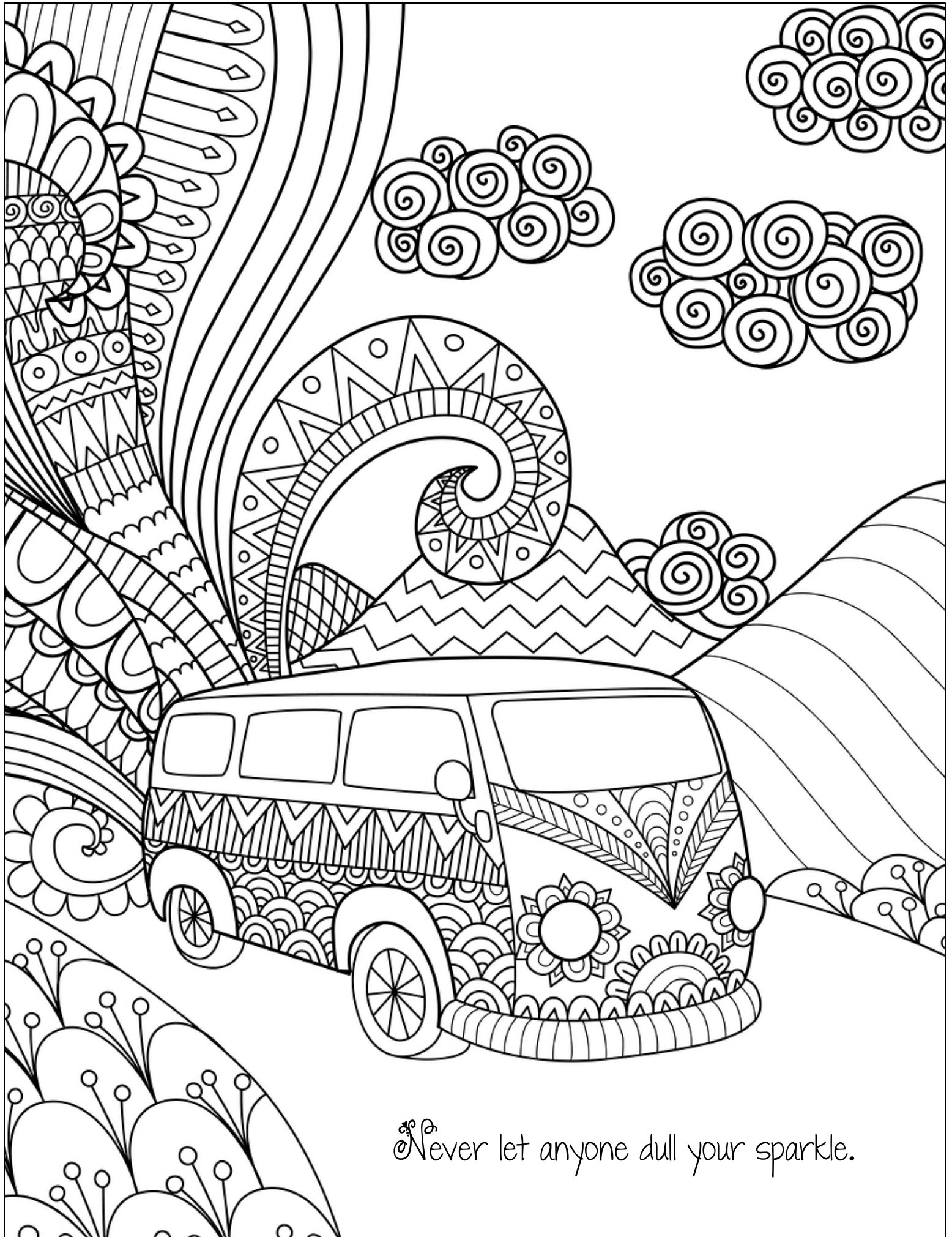


WHETHER YOU THINK YOU CAN OR THINK YOU CAN'T

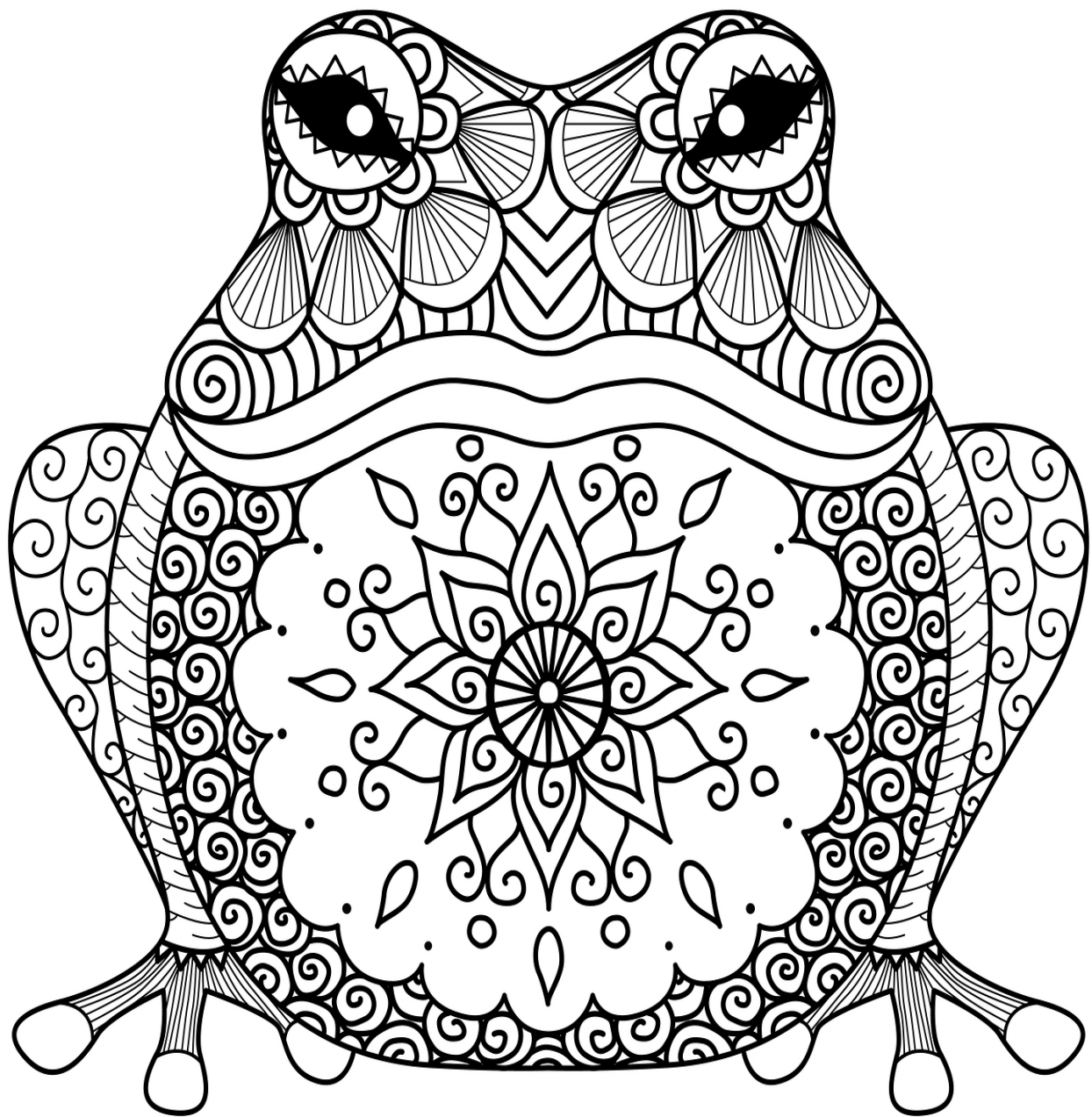
YOU'RE RIGHT



ALWAYS FIND THE JOY IN LIFE  
NO MATTER HOW SMALL!



Never let anyone dull your sparkle.



LIFE MIGHT NOT BE THE PARTY WE'D HOPED FOR,  
BUT WHILE WE'RE HERE, WE SHOULD DANCE.





NEVER COMPARE

Yourself to others.



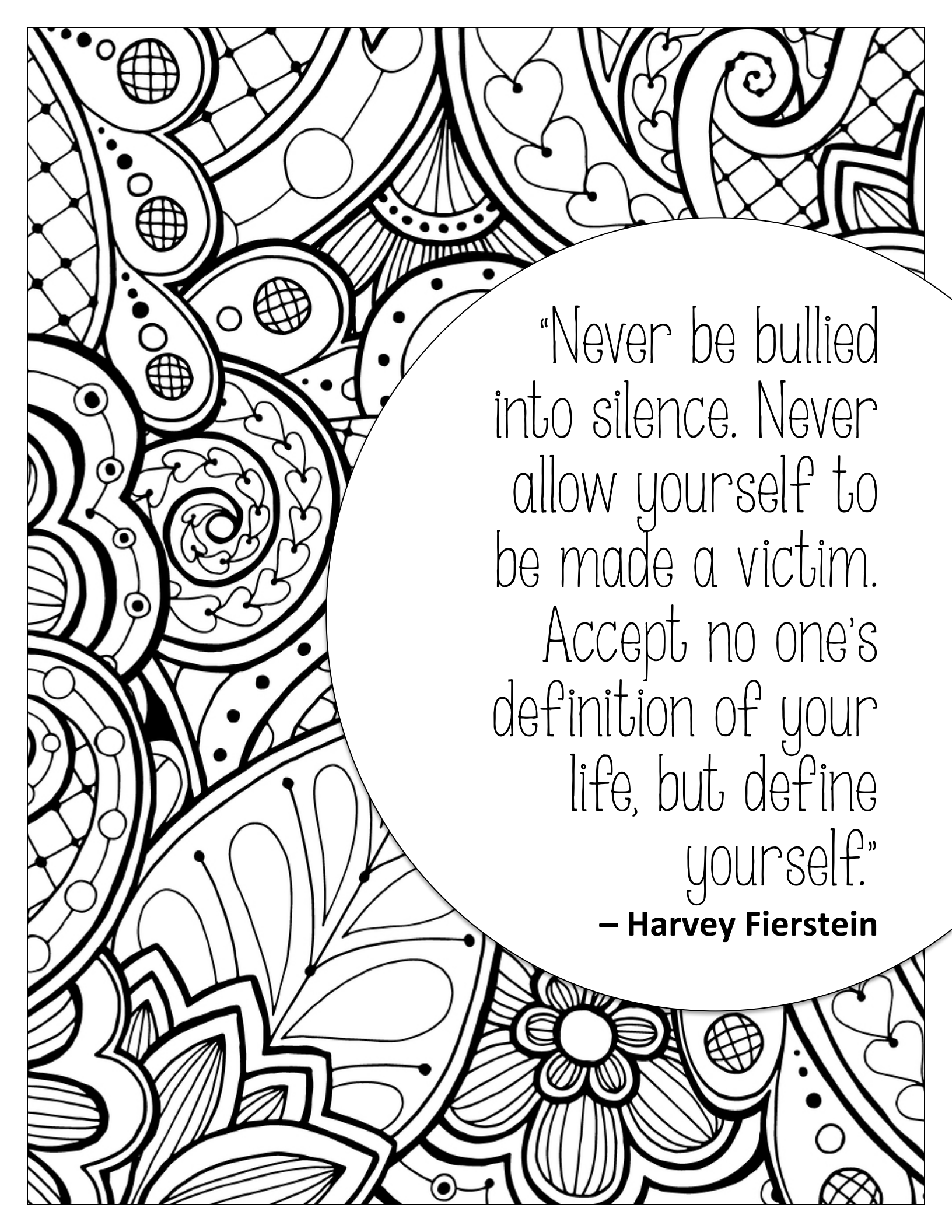
You won't be able to please everyone, all of the time.  
Spend time with people who lift you up.



Love  
yourself  
first and  
everything  
else  
falls into  
line.

— Lucille Ball

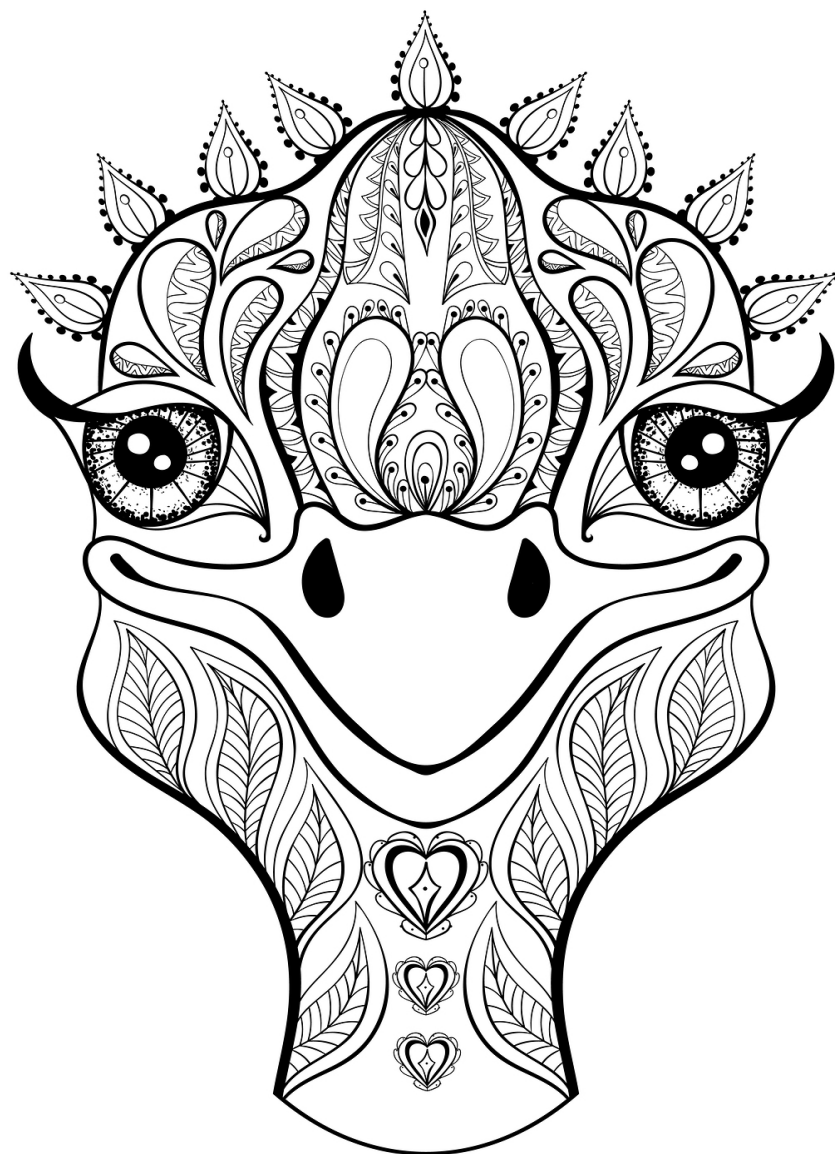




“Never be bullied  
into silence. Never  
allow yourself to  
be made a victim.  
Accept no one’s  
definition of your  
life, but define  
yourself.”

– **Harvey Fierstein**



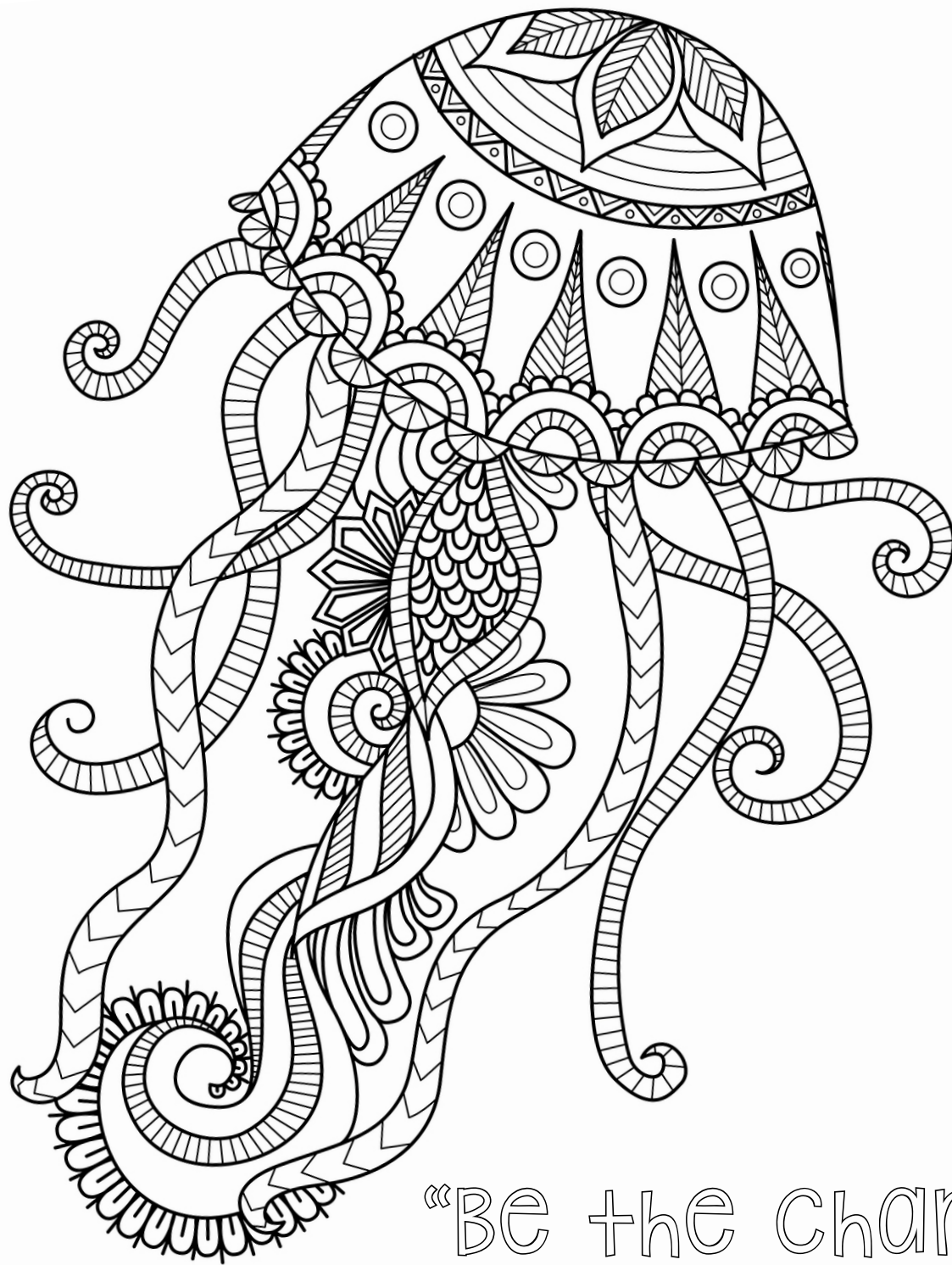


**Believe in**  
**yourself**



Believe you can  
**and YOU will.**





“Be the change  
you want to see  
in the world.”  
~Gandhi



If you want to lift  
yourself up,  
lift up someone else.

~Booker T. Washington





Life isn't about finding yourself.

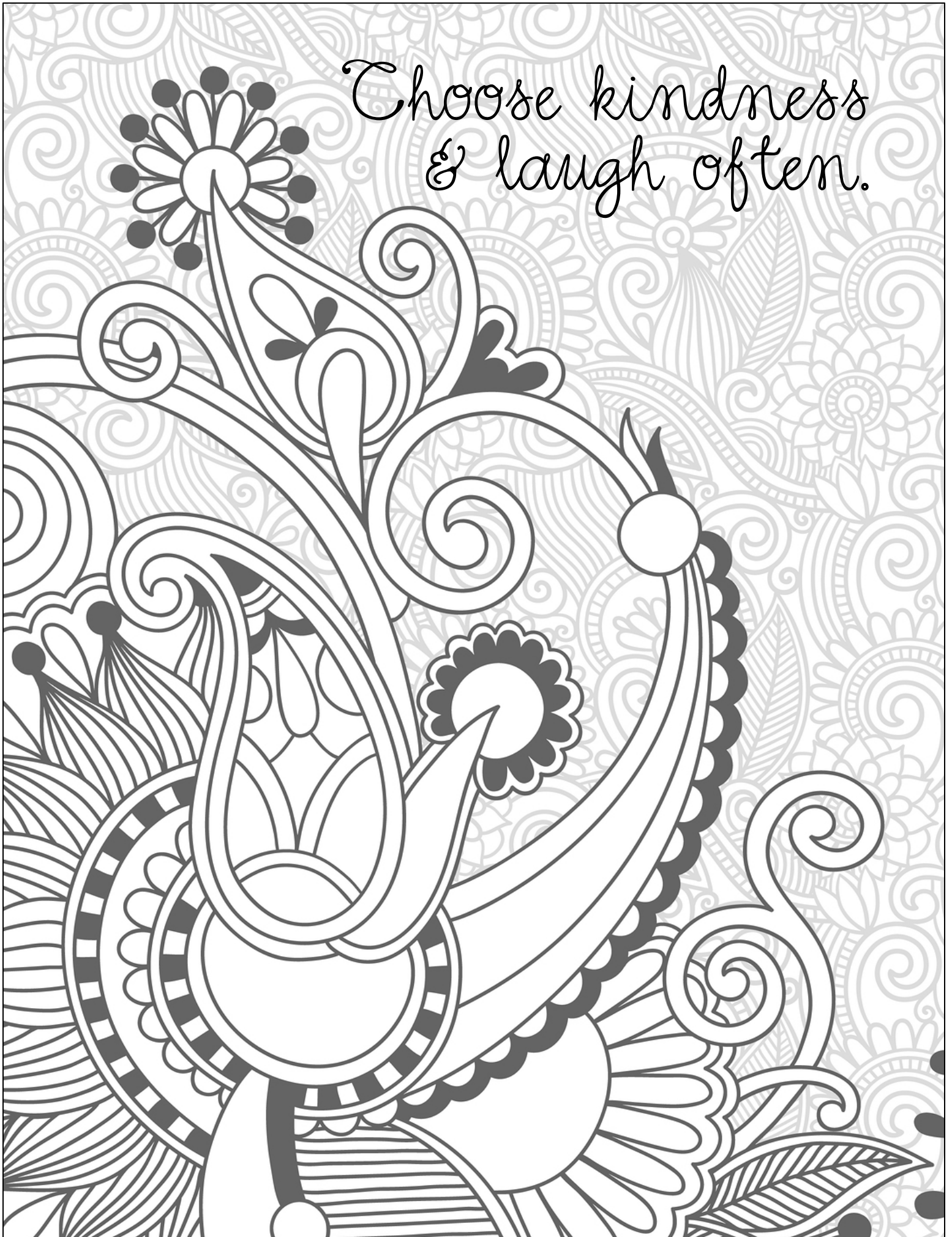
Life is about creating yourself.

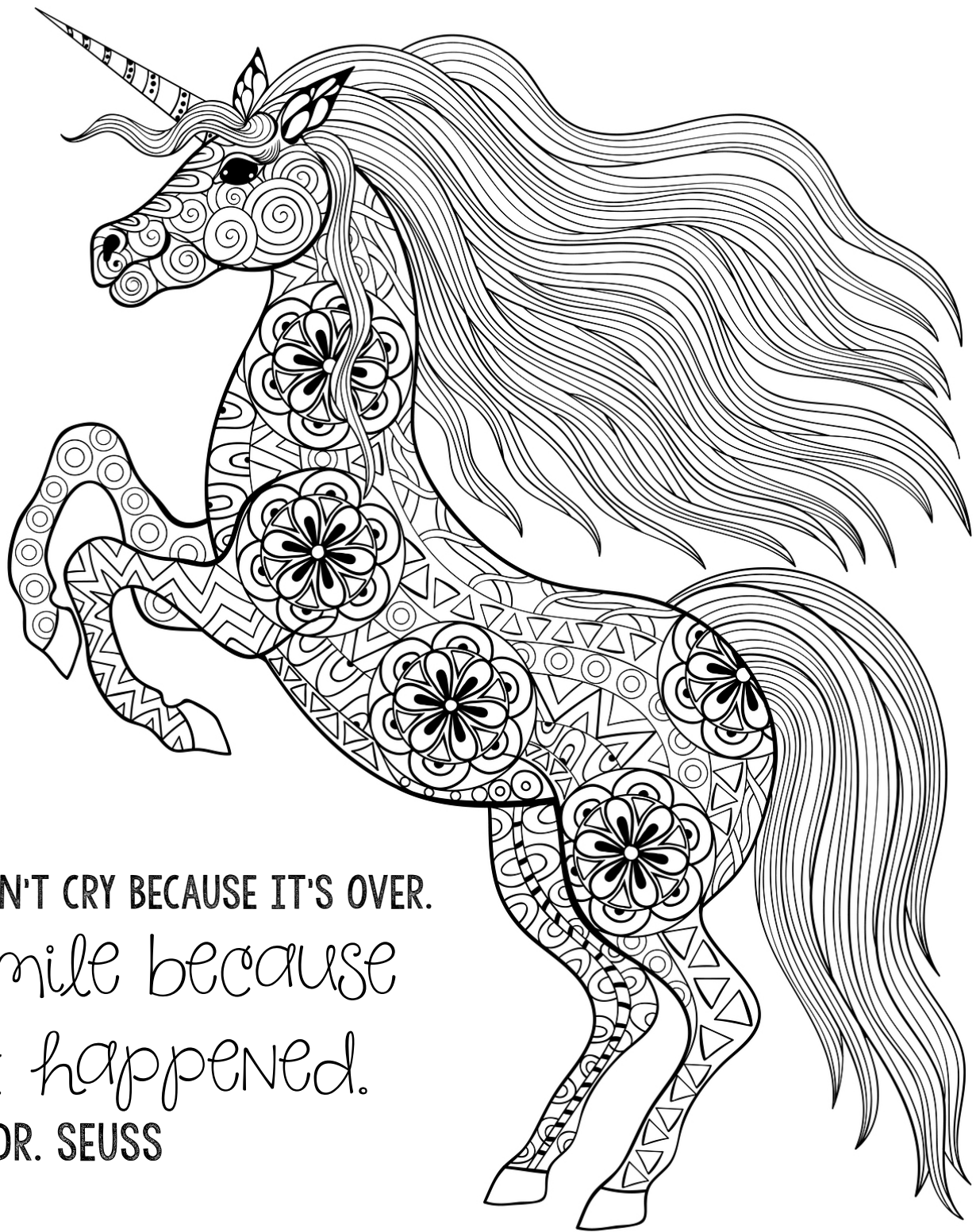
~George Bernard Shaw



Let your  
dreams  
take flight.

Choose kindness  
& laugh often.





DON'T CRY BECAUSE IT'S OVER.

Smile because  
it happened.

~ DR. SEUSS



“NO ONE  
CAN MAKE  
YOU FEEL  
INFERIOR  
WITHOUT  
YOUR  
CONSENT.”

– Eleanor Roosevelt

# Journal of Happies





Today I was PROUD when I:

SUNDAY

I did this FOR MYSELF today:

MONDAY

I did this WELL today:

TUESDAY

I enjoyed today because:

WEDNESDAY

My favorite thing about today was:

THURSDAY

One positive thing I thought:

FRIDAY

Something I did for someone else:

SATURDAY



If I could draw happiness, it would look like...



Thank YOU FOR PURChasing COLORing  
JOURNal FOR GiRLS.

I +RULY APPRECIate YOUR feedback.

~The COUNSELing TEACHER

For more products from the  
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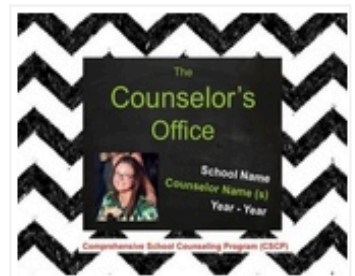
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