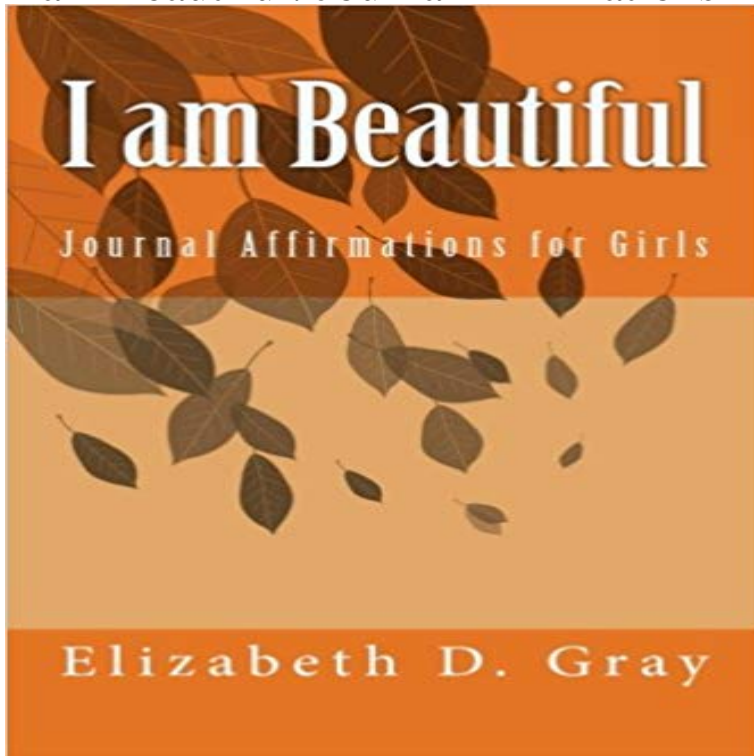


## I am Beautiful: Journal Affirmations for Girls



An affirmation on its own is a powerful thing. However, flexing the muscle of an affirmation with the conscious expression of your own words, thoughts and experiences is a transformative thing. Use this affirmational journal to not only absorb the powerful messages in each affirmation, but to accentuate them tenfold by the expressions of your own creation. Excellent as a journal for one girl or as a tool to use in a group setting for writing and discussion. Each entry covers a different topic and then allows space for the reader to do their own writing. Topics are particularly relevant today. Doesnt talk down or issue simple edicts, such as love yourself, but takes a different approach, which respects intelligence and individuality. There is an emphasis on empowerment, self-esteem and personal accountability. Unbreakable Take a look At all the precious jewels of the world Revered for their dazzling colors These priceless nuggets of wealth Existing in the natural world Every hue of the rainbow Represented in all its glory We covet these gems As our greatest possessions Endeavoring to wear them As a display of wealth and prosperity Yet the greatest of these Has no color at all Formed deep within the Earth It remains hidden for billions of years Subjected to the indescribable pressures Of the Earth itself Before surfacing on land By the epic force of volcanic eruptions It is the diamond The diamond has its humble beginning Cultivated unseen for ages Subjected to the harshest conditions imaginable And having been shaped and fortified by its experiences The diamond emerges from those great depths With a beauty that outshines all others And with an unbreakable quality Of resilience and strength It is from this example in nature That I take my comfort Knowing that all I am experiencing Will leave me both beautiful and unbreakable Please see our

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