

I AM AMAZING! JOURNAL ART

YOUR TASK: INDULGING THE AMAZING!

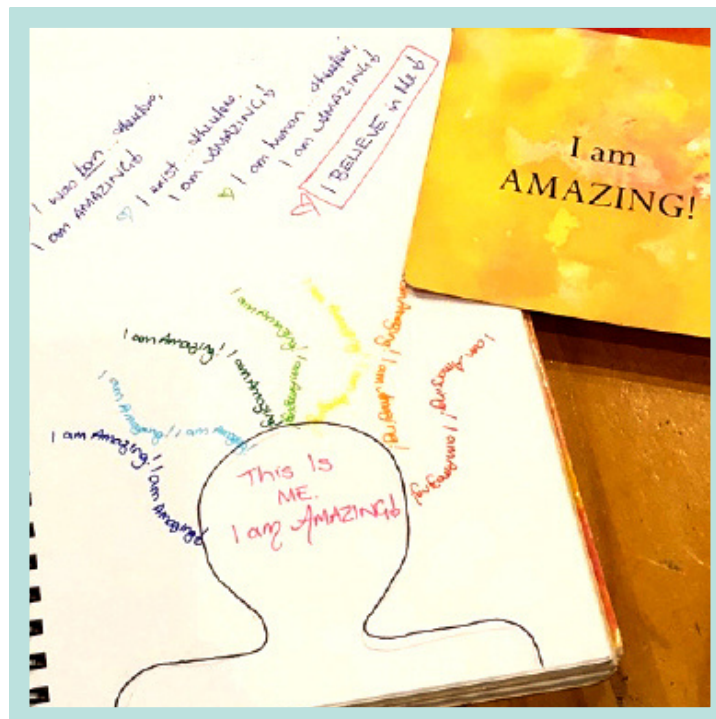
Think about how you can get the "I am AMAZING!" concept into your head and have some fun with it at the same time.

What if there was a way to literally PLANT the wisdom in your head??

Try this:

1. Using a blank page in your journal - or a window in your room or your bathroom mirror - draw a head & shoulders outline and add hair strands. Use colours! *Alternatively, use the template included (you might like to print it out and glue it into your journal or display it somewhere you can see it often).*
2. Write what it means to you to Accept Your Amazing-ness or Amazing Self. Write what Being Amazing feels like. Remember to Use Your Colours!

Here's one I created. Use my 'wisdom' or create your own. How would you change up the image to make it completely yours (and therefore unique)? Have Fun!



I am AMAZING!

