

JUMP INTO JOY WORKBOOK SET

A pow"HER" tool kit for girls to stay true to themselves.

Have fun with you daughter in the comfort of your own home as you explore the path of self-discovery while learning positive mindset tools together! In this series of workbooks, you will have a blast as you explore the following topics through discussions, interactive learning and empowering craft ideas:

- Choosing joy & developing **positive mindset habits** through **self-discovery** exercises helps us stay true to ourselves despite life's challenges.
- Using **self-esteem boosters** such as affirmations leads to a positive self-image; navigating social media comparison traps.
- Expressing **gratitude** & showing appreciation towards others creates a flow of positivity in our lives.
- Creating **vision boards** & practicing **meditation** helps prepare the mind with goals & action steps.
- **Giving to others** and making a difference in someone else's life builds a foundation for inner joy and self-love.

WORKBOOK SET:

1. WHAT IS A POSITIVE MINDSET (11 pages)
2. SELF-IMAGE-AFFIRMATIONS (6 pages)
3. GRATITUDE (6 pages)
4. VISUALIZATION/ REFLECTION (6 pages)
5. SERVICE TO OTHERS/ WRAP-UP (6 pages)

