



**In life's swift pace, when
challenges arise,**

**Teens, slow down, embrace
mindful skies.**

**Breathe in your uniqueness,
special and true,**

**You're a masterpiece, a radiant
hue.**

**Take a moment on each page
to inscribe your unique tale.
With ample space for mindful
reflection, each page prompts
you to both contemplate and
celebrate your journey!**





List 3 reasons why you are amazing:



BLESSED

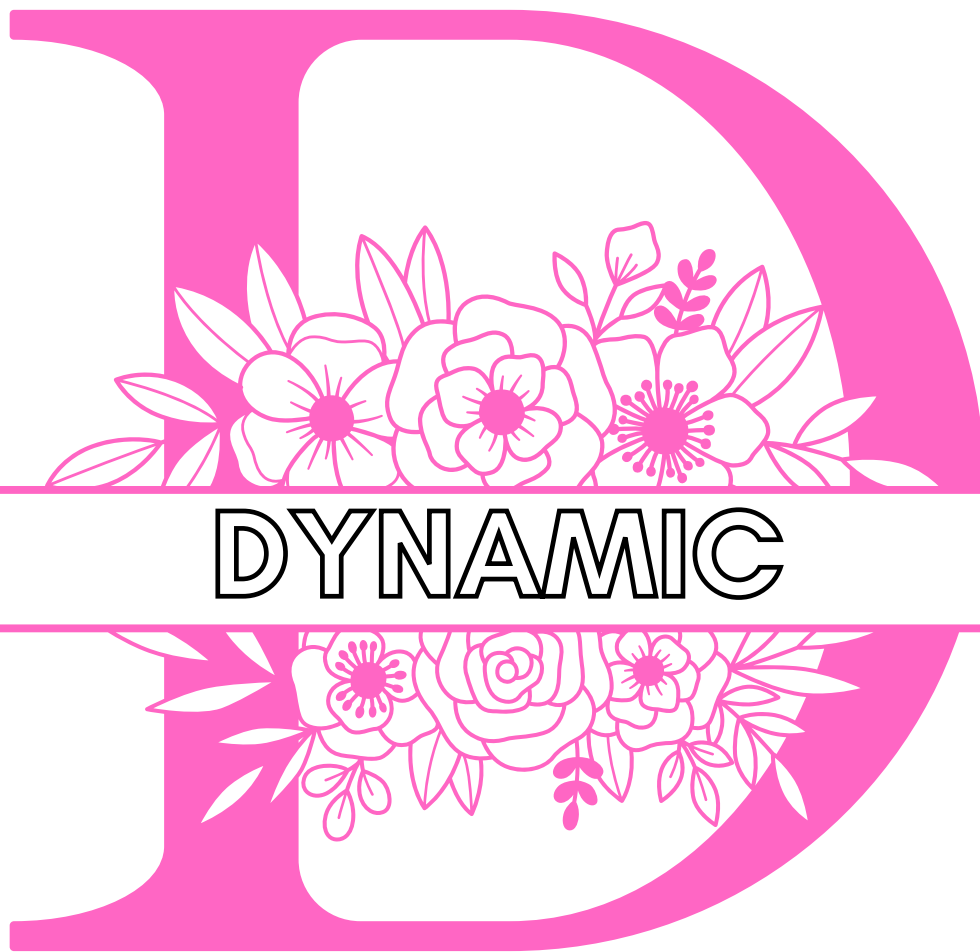


Reflect on why you are blessed:

A large, stylized red letter 'C' serves as a background for a decorative floral wreath. The wreath is composed of various flowers, including roses and smaller blossoms, with green leaves and stems. The entire design is centered within a white rectangular frame that has decorative corner pieces.

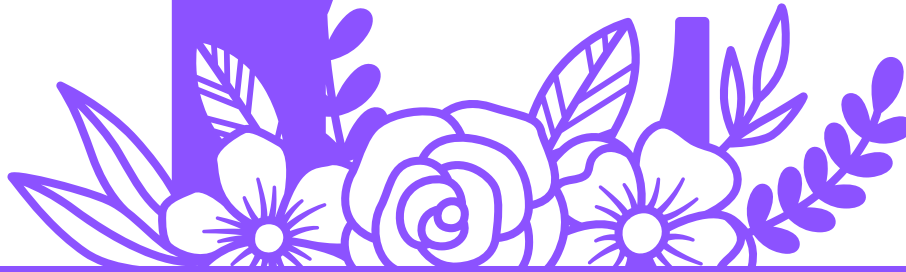
CREATIVE

Write about how you are creative:

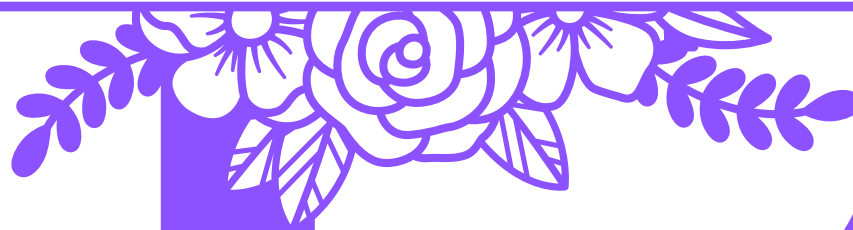


Reflect on how you are dynamic:

E



ENERGETIC



Write about what energizes you:



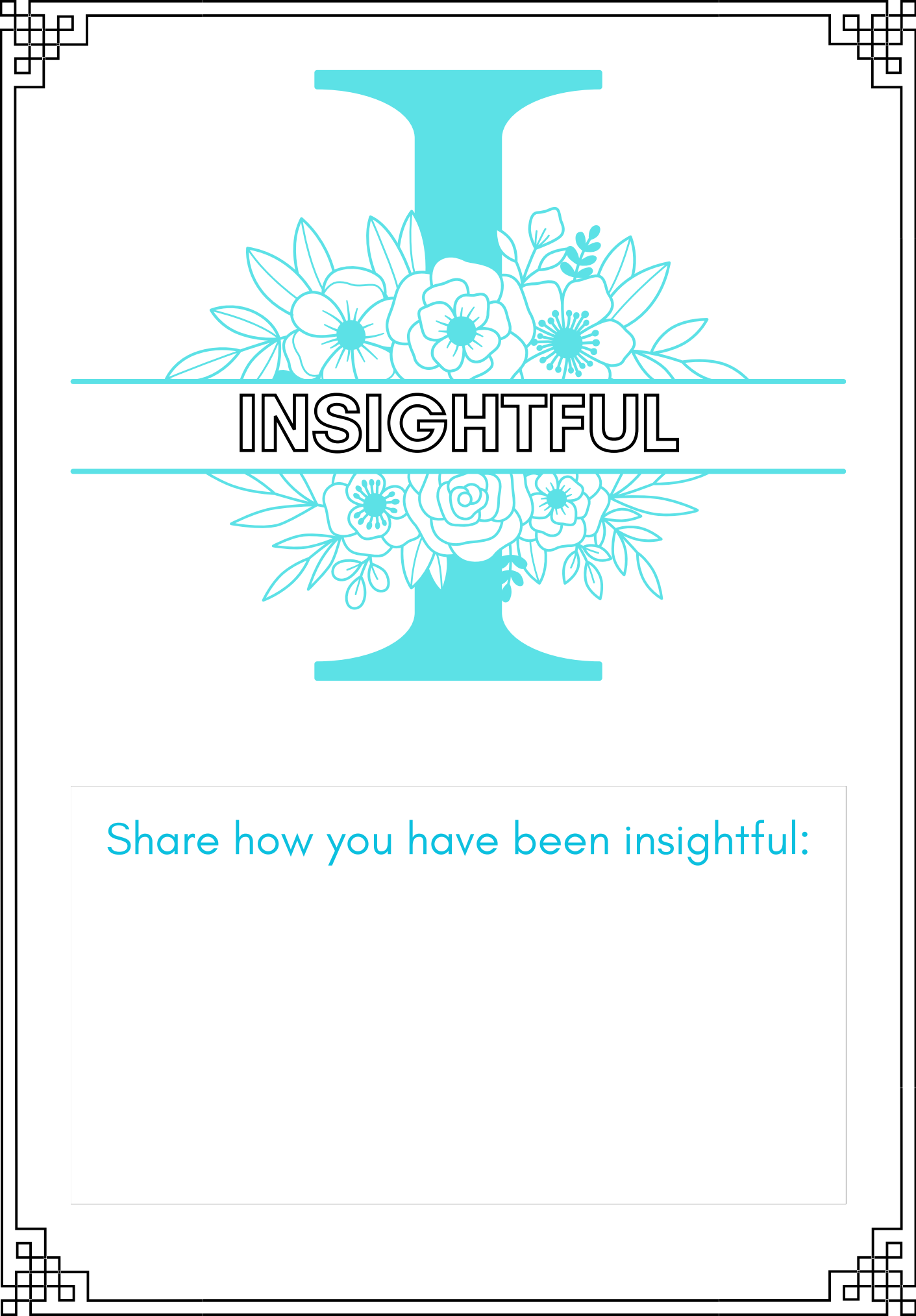
List 3 things you find enjoyable:



Write about a time you were generous:



List 3 things that make you happy:



INSIGHTFUL

Share how you have been insightful:



List memories that make you feel joy:



Reflect on times you have been kind:



Who do you love the most and why?



Reflect on times you have been strong:



Write about 3 nice things you have done:



OPTIMISTIC

What are you optimistic about?



PROUD



Write about something you're proud of:



What makes you stand out from the crowd?



RADIANT



What skills do you have that shine?



List 3 reasons why you are special:



TRUSTWORTHY



Reflect on why others trust you:



Share what makes you unique:



VALUED



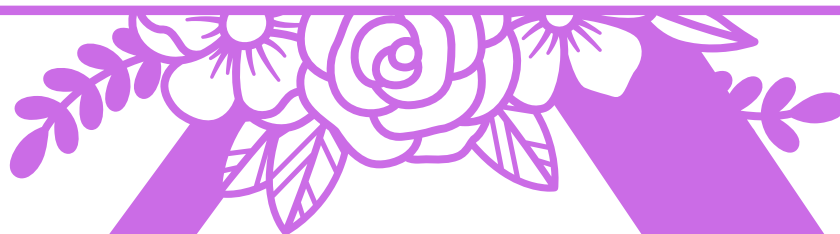
Think about what others value about you:



Reflect on why you are worthy of love:



EXCITEABLE



What makes you excited?



YOUTHFUL



What makes you feel young at heart?



ZEN



List 3 things that make you feel calm:

LOVE
YOURS