



I am Enough: Journal Affirmations for Girls

Elizabeth D Gray

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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, such as the entry, "I am not a Measurement." Doesn't 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.

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.

There can be not the slightest shred of doubt that you are enough as you are. This book of empowering affirmations for girls makes this point absolutely clear. Use the notes pages to journal your thoughts as you affirm this truth. You are Enough.

Success

I saw it charted out
Announced on cable television
An expert's definition of success
The benchmarks identified
By color coding on a chart
A complex formula of income and assets
And I could see why they
Called it that way
Success was the newest car
A house with more than enough square footage
But there was no graph
For facing fears
For charity
For survival
For standing up against
The forces that condemn and criticize
There was no measure
For happiness
For friendships built like anchors
Steadying storms
And I thought how ridiculous it was
This declaration that success
Should be determined only by
The calculation of a human being's net worth
And I chose to turn the channel
This so-called expert just another foolish man

Trying to tell me what success is
When I know better

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Lela Hird:

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Barry Upshaw:

Exactly why? Because this I am Enough: Journal Affirmations for Girls is an unordinary book that the inside of the e-book waiting for you to snap that but latter it will zap you with the secret that inside. Reading this book adjacent to it was fantastic author who have write the book in such amazing way makes the content on the inside easier to understand, entertaining technique but still convey the meaning totally. So , it is good for you for not hesitating having this ever again or you going to regret it. This phenomenal book will give you a lot of rewards than the other book have such as help improving your expertise and your critical thinking technique. So , still want to delay having that book? If I were being you I will go to the e-book store hurriedly.

Kenisha Perkins:

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