

WELCOME
TO YOUR

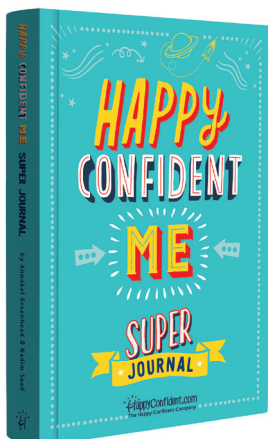


HAPPY CONFIDENT ACTIVITIES



ENJOY YOUR HAPPY CONFIDENT ACTIVITY SHEETS
WITH ALL THE FAMILY.

LEARN TO BE CONFIDENT, STRONGER, CALM & HAPPIER.



For more activities visit our website to check
out our daily journals, online courses and join
the Happy Confident Club.

 **HappyConfident.com**
The Happy Confident Company

APPRECIATION

"I LOVE it
when you..."



"I'm
GRATEFUL
for..."

"It makes me
HAPPY that..."



"THANK
you for..."

"I'm just
SOOOOOO
thankful for..."



"THANKS for
cheering me up
when..."

WHAT TO DO...

Stick the FAMILY ACTIVITY and APPRECIATION sheets up in a common area (like on the fridge door).



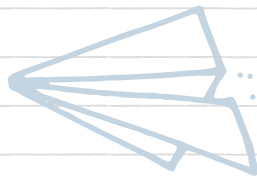
Whenever someone in the family does something kind, use the sheet to keep a record of what it was, and how it made you feel. Use the inspiration sheet to find different ways of sharing your appreciation.



At the end of the week, sit down as a family and take turns to read to each other what you wrote down on the Family Activity sheet.



Complete the exercise by discussing this activity and sharing how it made you all feel.



A collection of seven dark blue, hand-drawn style stars of various sizes scattered across the page.



HOW IT MADE ME FEEL

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.