The pages that follow are an excerpt from *I Am Confident, Brave & Beautiful: A Project Book* from Hopscotch Girls. They are meant to be an interactive experience, and you are the star! Guided prompts make exploring your own strength, creativity and bravery simple and straightforward.

**HOW TO USE THESE PAGES**

Be as creative as you want to be. You may choose to keep things simple, using pens, pencils, crayons or markers to write and illustrate your stories and decorate the pages. Or you may use photos, stickers, magazine clippings and other supplies to create your own mixed-media masterpiece. The idea is to explore yourself and your creativity, so it’s up to you.

This is a great opportunity to team up with grownups, too. Don’t hesitate to ask for help coming up with ideas and writing out memories.

**PROJECT PAGES**

These pages are designed to celebrate different parts of your personality. Think of a time in your life when you did something that fits with each theme.

Take a moment to picture the memory; think through what you did and how it made you feel. Focus on the good feelings from that moment. Then write your story in the lined journal area (or have an adult write it). Finally, fill the frame with a drawing, photo or collage that illustrates the story.

**I Am Curious:** Describe a time when you were really curious about something. What did you do to learn more about it? This is all about your quest for answers! This might include doing some kind of experiment, finding books at the library, interviewing family members, etc.

**I Am Inventive:** When did you invent something, or come up with a totally new idea? Perhaps you created an imaginary world out of blocks, discovered a new, delicious combination of foods or had an idea for a brand-new product.

**SHARE THEM**

Get a grownup to post a pic of your favorite pages on Instagram with the hashtag #hopscotchgirls, and share your work with family and friends.
I am Curious

From the book I Am Confident, Brave & Beautiful: A Project Book.
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I seek answers to questions and love to ask why.
I CREATE NEW THINGS.