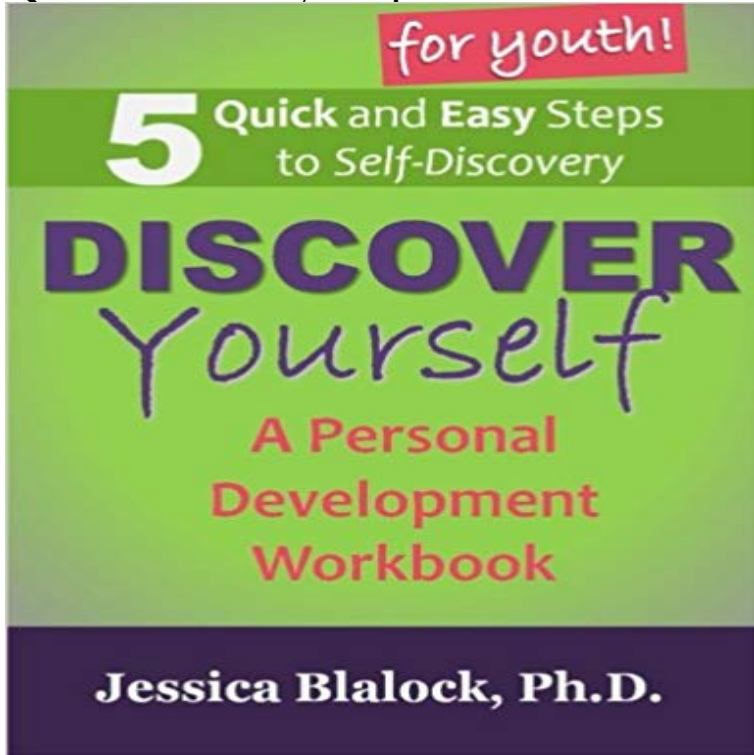


Discover Yourself: A Personal Development Workbook for YOUTH.: 5 Quick and Easy Steps to Self Discovery!



Discover Yourself: A Personal Development Workbook for YOUTH (ages 9-16) helps young people focus on discovering, examining, and developing themselves through self-reflection and analysis. This book is adapted from the workbook, Discover Yourself: A Personal Development Workbook. This workbook includes 5 quick and easy steps to self-discovery. It gives youth the opportunity to write things about themselves regarding: their spirituality how they manage their thoughts and emotions how they interact with others how they care for their physical body their aspirations in life At the end of the book, they will have the opportunity to create 1 or 2 goals that they want to set for themselves. When youth go through the self-discovery process, they will feel healthier mentally and physically, and begin to remove blocks that prevent true happiness. This process requires will, determination and persistence. By discovering self, youth have the opportunity to improve behavior, thinking, and interactions with others by first making changes in SELFthrough SELF DISCOVERY!

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