

# Always Believe in Yourself!

**Activity Book**

**Created by  
Elyse Sayers and Uso Sayers  
Illustrated by Alby Joseph**



Copyright © 2020 by Elyse Sayers and Uso Sayers  
All rights reserved. No part of this book may be  
reproduced or used in any manner without written  
permission of the copyright owners except for the  
use of quotations in a book  
review or for educational purposes.  
ISBN Number: 978-1736958605



## Acknowledgments

Thank you for your support of the Elyse So Powerful series. Special thanks to Grandma Ann, Grandma SYLVIA, Jeannine, Kari, Stephanie, and Veda for listening to our ideas, reviewing content, and providing feedback on this project. Your input is invaluable and greatly appreciated.





# Introduction

Thank you for supporting the Elyse So Powerful Book Series. This Activity Book accompanies *Always Believe in Yourself!*, the first book in the Elyse So Powerful Series, and is intended for adults and children to enjoy together.

There are affirmations to be read aloud on each activity page. The affirmation is listed at the top of the page along with accompanying activities for the day.

We suggest completing one activity set daily. Younger readers will need adult assistance with the individual activities.



## Guide to the Activity Book:

1. Designate a time for together time.
2. Adult read affirmations to child/children.
3. Child/children say child affirmations aloud.
4. Complete one activity set daily (or every few days) as schedule permits.
5. Have fun!



# AFFIRMATIONS FOR CHILD TO SAY ALOUD

1. I am unique!
2. I have a great purpose in life!
3. I can do anything!
4. I am a leader!
5. I can change the world!
6. I am strong!
7. I am compassionate!
8. I am smart!
9. I am powerful!
10. My thoughts are very powerful!
11. I am amazing!
12. I believe in myself!



# I AM A LEADER!



Say Out Loud  
**I AM A LEADER**

## WRITE BELOW

Write today's affirmation

---

---

---

Spelling word  
of the day

**LEADER**

## DICTIONARY

Look up today's word  
and write the meaning here

---



# ACTIVITY

Write or draw about  
being a Leader.

