

the
**POSITIVITY
KIT**

INSTANT
HAPPINESS

ON

EVERY
PAGE

LISA CURRIE

AUTHOR OF ME, YOU, US

Lisa Currie

The Positivity Kit: Instant Happiness on Every Page



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Brimming with engaging prompts that focus on the nice things in lifestyle, this interactive book is assured to cheer up even the grumpiest person on the rainiest day time. Prompts include: Pull your dream home.). Make a grateful list. List 30 great ways to spend a free of charge hour. Draw yourself a tattoo (in some recoverable format! Compile the perfect playlist. Write a many thanks note to a stranger.Supporters of Wreck This Journal, 1 Page at a Time, Start Where You Are, and other creative journals will see inspiration and fun on every web page.



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But coloring can be dull and it doesn't give you the same feeling as .. Wonderful for most ages! I love the cute design of the web pages! But coloring can be dull and it doesn't provide you with the same feeling as journaling. Kids want to be asked these questions to express themselves and revisit in the years ahead. It combines the thought of journaling, writing down emotions or thoughts, with the idea of artwork like drawing or coloring. This is an excellent little book if you are looking for an instant . It's definitely great for girls of all ages! Some web pages are shorter, some pages are longer. Highly recommend for everyone. It enables you to do artwork of all kind, picture acquiring, coloring, drawing, writing, even creating poetry and so on. I came across it at a shop for more costly, and Amazon definitely gets the best price. Love this book! Great book! This is probably my preferred out of all the types I've purchased. I love this reserve! I am a 31 old girl, and enjoy writing in it and plenty of areas to color in with colored pencils. Five Stars We enjoyed this book and reordered for present to family. Instead of watching tv or something, my younger sister usually shades. Brings about the imagination Great book! I go through it and I must say i enjoy whats in the web pages. The only reason I don't give this a five star ranking, is that some of the pages appear to be for teens, but not all. I still discover this very useful for personal "projects". It also is like it state, positive! This book provides fun prompts that are open-ended plenty of to permit for creativity.. This is an excellent little book if you are looking for a quick shot of happy. Bought this for a pal who was sick in the hospital.. I desire the paper was a little thicker so I could use all of my markers without bleed through, but most markers are good with it! Great quality. That one is down to earth, but fun. Really brings out the creativity and helps us recognize our great qualities. I highly recommend it for all those who's going through a rough patch in their life. Very Positive and essential Own! Was an Xmas gift plus they loved it. Each web page holds a lot of magic and hope for taking gratitude in your everyday life. Anyone who hates journaling on regular paper but still wants to have the ability to express themselves.. Nice book to have. When I discovered this item I knew I had to get it for her! Priceless! Four Stars Great, beautiful positivity/affirmation journal for teens! Buy this book This book will be a lot of fun and does indeed make me have a brighter outlook. I look forward to working in it just a little each day and I'm buying one for some people I know. Recently I've gotten in to the guided journaling style books and the list making books. I enjoy doodle and sketch but am less likely to do it easily feel aimless. Easy & She is now out from the hospital and on the mend ? I felt like this was more for kids To be honest, I felt such as this was more for kids. She was informed she would not survive and actually appreciated it and it held her spirits up to remain positive. it works This is a fun book. Sometimes things such as this are super cheesy or feel actually contrived. I purchased this for a pal and I am hoping she likes it. Also for boys I would recommend it. I have been able to find numerous pages I can't help but complete :-). Helps with self-reflection, but doesn't drive that aspect (I happened to note all my joyful occasions happen outside, but there have been no questions trying to create me think of this or asking me to analyze why I was happy). Five Stars This has been ideal for my 11 year old daughter. Smart way to simply relax and spend some time composing and coloring and documenting positive moments. Fun, helpful, places you in a contented mental space, even though you feel grumpy!



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