

# LIMITLESS ME JOURNAL

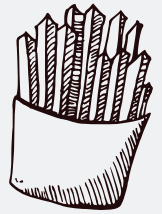
A Journal to Help Kids  
Overcome Fear and Live Free!



BY BRITTANY SCOTT

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# All About Me



I am good at.

My favorite  
food is:



My favorite  
color is:



something I  
want to learn:



# My Name

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Somewhere i want  
to travel to:

My favorite  
movie is:



My favorite  
song is:



When I grow up,  
I want to be:



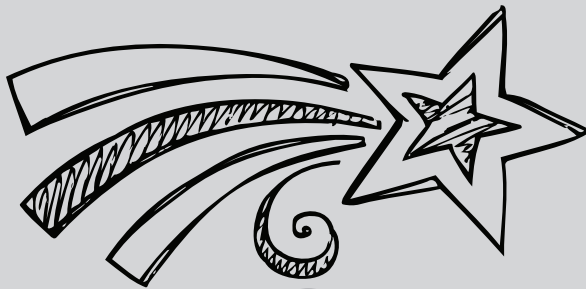
**Inhale.**

**Exhale.**

**You**

**WILL**

**prevail.**



**List or draw 10 things  
that make you smile.**



# **You're not Box Material. You're Limitless Me.**



## **Lunch and Recess**

Favorite time of day, now felt sad and gray.

Lunch and recess made me stressed.

Feeling alone, was in my zone.

Thinking of the past. Why didn't it last?

Clearly in a funk, a funk that really stunk.



**What insecurities do you have?**

**How can you overcome those insecurities?**

Faye was insecure about losing her best friend. She wondered if she would make new friends that would accept her.

**If you don't let  
fear limit you.**



**You'll**

**ALWAYS**

**have a way**

**BETTER**

**view.**





# Limitless Me Word Search

Find and circle all the words below.

N	E	F	G	D	R	E	A	M	D
P	L	L	B	W	A	A	X	M	T
X	O	T	E	S	T	E	E	M	J
Y	W	S	L	S	M	A	R	T	I
M	O	T	I	V	A	T	I	O	N
L	E	D	E	T	U	J	D	P	S
S	K	Z	V	K	I	K	S	C	P
E	S	U	E	H	I	V	R	B	I
L	T	E	X	H	A	L	E	E	R
F	E	N	V	I	N	H	A	L	E

**Believe**  
**Dream**  
**Motivation**  
**Self esteem**  
**Exhale**

**Smart**  
**Positive**  
**Inspire**  
**Inhale**