



The Self-Awareness ABC's



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Author's Note

As the author of books for both adults and children, my latest—*THE 7 DAYS: A Classic Nursery Rhyme Made New*—made me wonder:

Could the storytelling lessons from my book helping employees develop—*Authorize It! Think Like a Writer to Win at Work & Life*— **benefit children's growth as well to give them a head start?**



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The Answer

YES!

Now, *THE 7 DAYS: Understand Your Story*, series

written for young minds strengthens the foundation for **every child's successful future.**

Storytelling is the **language we all speak, and children benefit** when they learn its structure and dynamics **early in life.** Doing so **embeds the power skills** necessary for living up to a child's full potential, ensuring **wellbeing as they grow.**

And understanding story dynamics also develops the **most important talent** of all—how to uncover, live, and express **their own story.**



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**Please share what follows with your
child—and may all their stories be
good ones.**



**Save this pin, then download
your free printable PDF
HERE!**



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Authentic

I'm true to myself and know my own
thoughts and feelings,
Each day I try to show the real me in all of
my many dealings!



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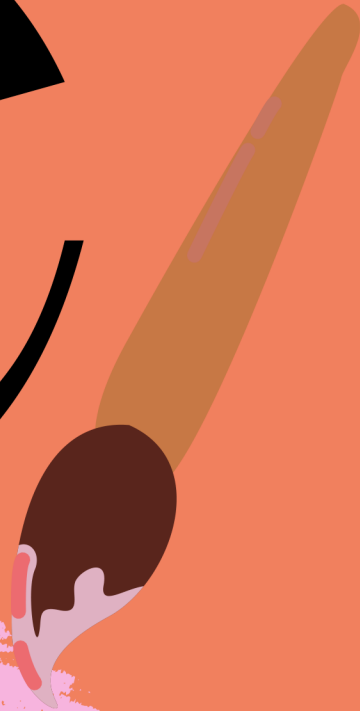
Brave

Being brave isn't scary since having
courage is quite fun,
My brave self is what picks me up
so I can learn to run!



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C



Creative

I am a creative sort—ideas are popping in
my head all the time,
They make things better all-around and
really help me shine!



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Determined

I love to see all things through
to their natural conclusion,
It helps me to be correct and
ensure there's no confusion!



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Excellent

I always strive to do my very best—
it's just the way to be,
It's how I get better every day and
that sounds great to me!



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Flexibility

Being flexible means that I'm wide open
to what's new,
I'm quick and I'm agile—and
I adjust very well too!



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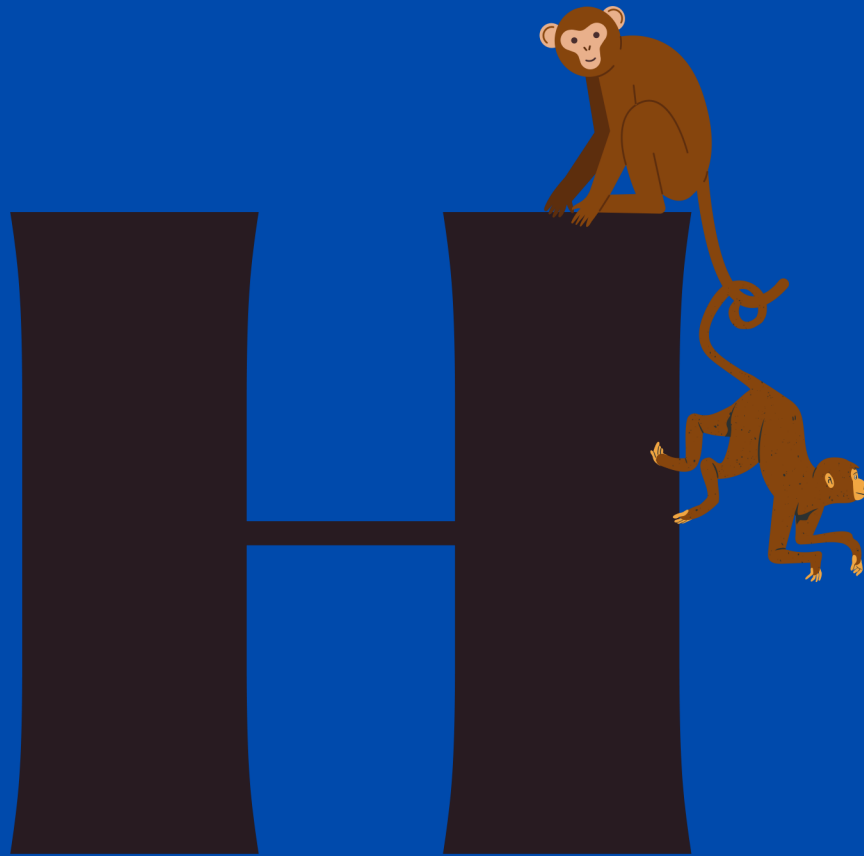


Grateful

I take the time to see the good
that is all around me,
It's how I stay generous and
glowing so everyone can see!



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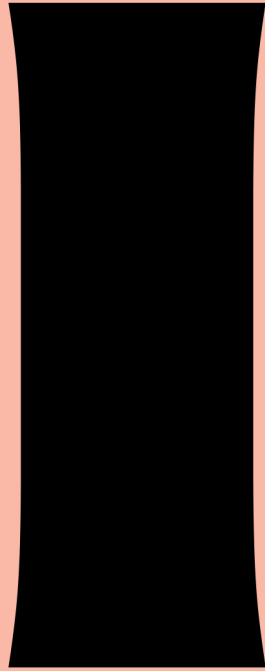


Humorous

I am a comical one,
that is certainly most true,
It's best to keep it light,
so tickle your funny bone too!



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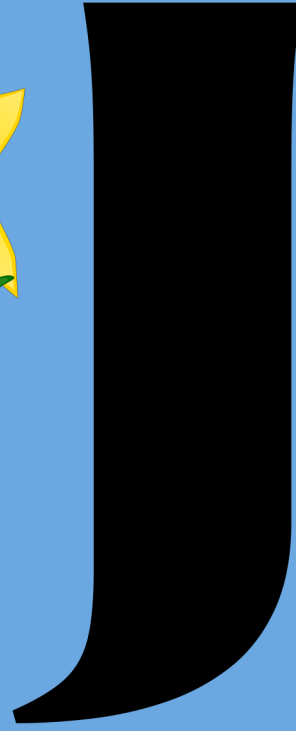
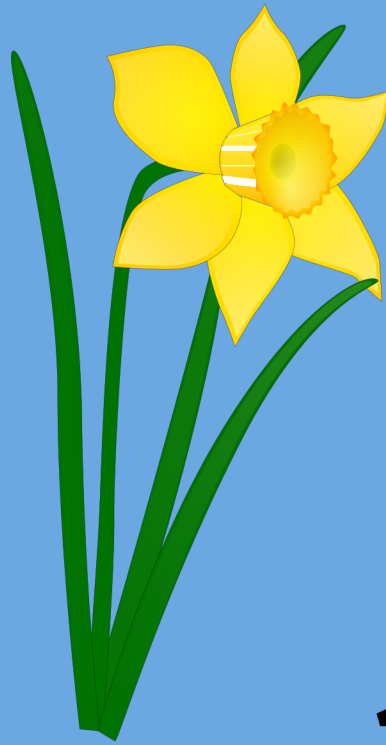


Ingenious

My motto is that I will find a way
to do any hard task,
To find new paths, “What if?”
and “Why not?” I always do ask!



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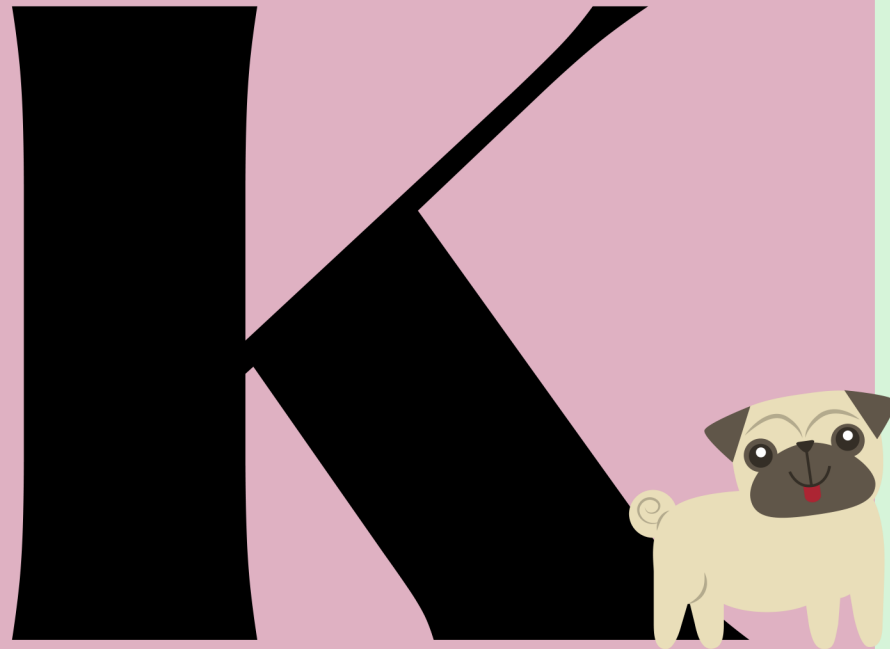


Joyful

I love to spread my eagerness,
cheerfulness, and joy,
All three definitely bring happiness to
every girl and boy!



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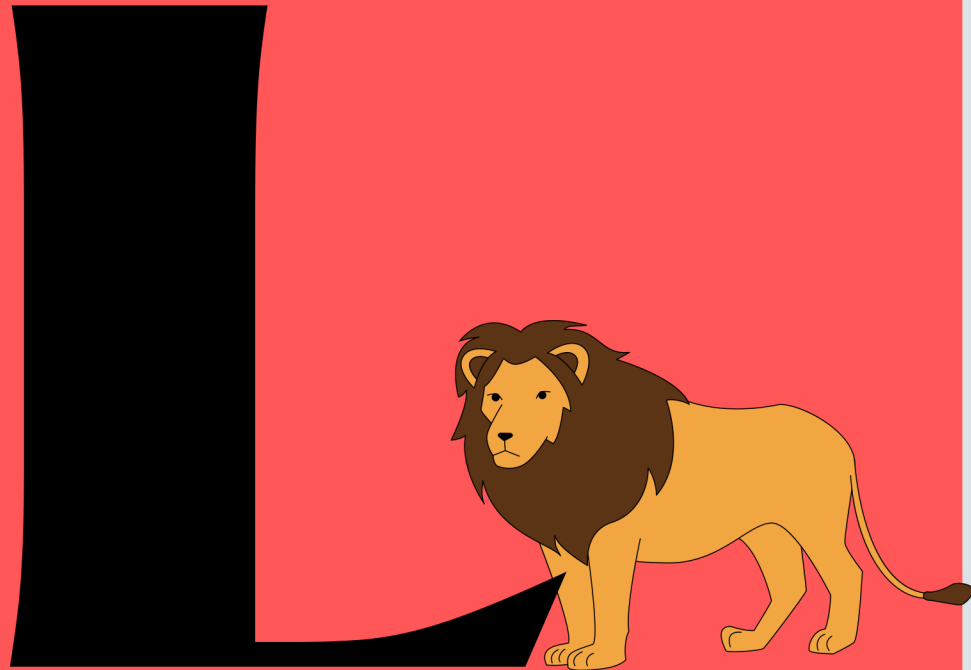


Kind

It is my rule that each and every day
I remember to be kind,
I listen to and care for others,
and that never leaves my mind!



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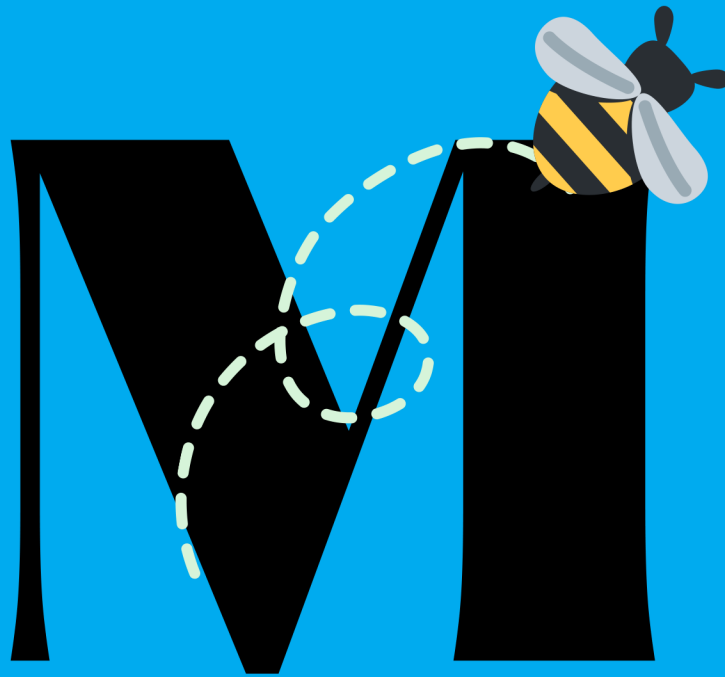


Leader

I'm encouraged to lead the way
by example and inspire,
I believe how I behave will spark
many others to aspire!



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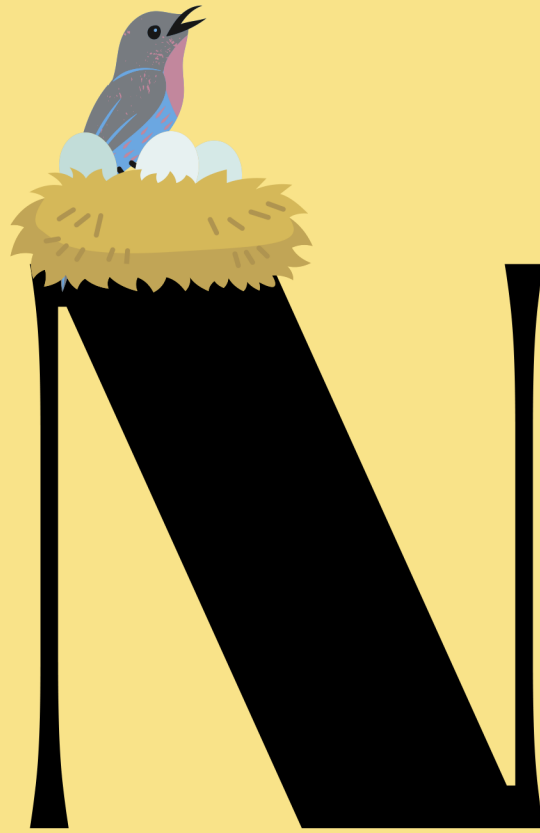


Motivated

For my own story to properly
and completely unfold,
I try to actively move forward
without ever being told!



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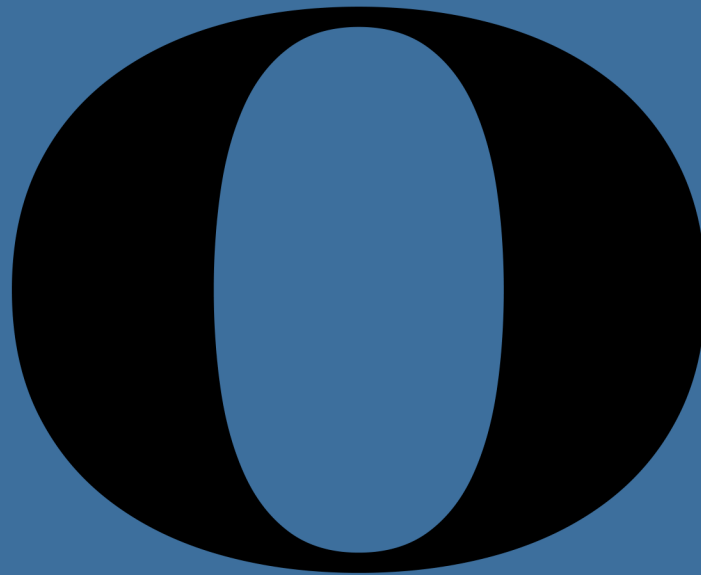


Nurturer

I always find the time to clap for
friends more than three times a day,
My support helps them to do their best
at school or when we play!



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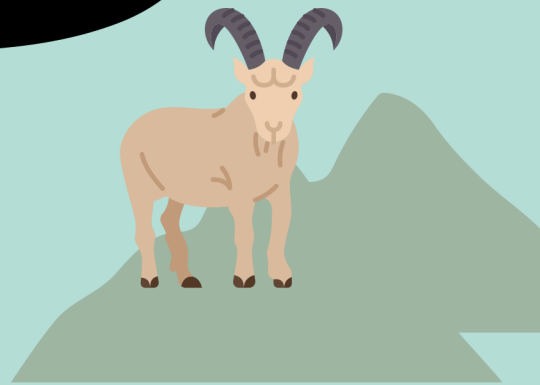
Open-minded

In order to learn and shape
what I really do think,
I'm open to all facts and views—
and never, ever shrink!



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P

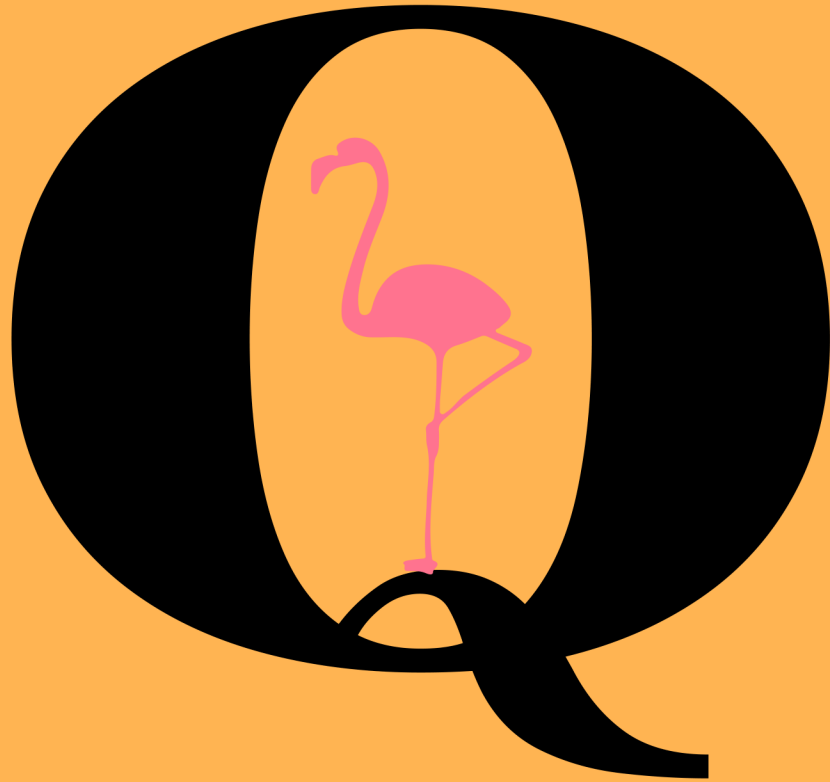


Perseverance

I take small steps ahead
even when the path ahead does bend,
I keep at it when things are tough,
so I'll have good news to send!



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Quirky

I am different from the rest
with my own quirky style,
I show who I am each day,
not just once in a while!



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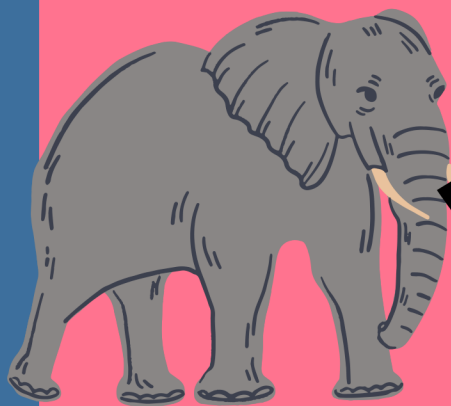


Resilient

I have a way of bouncing back
and figuring things out,
Disappointments don't last long,
so rarely do I pout!



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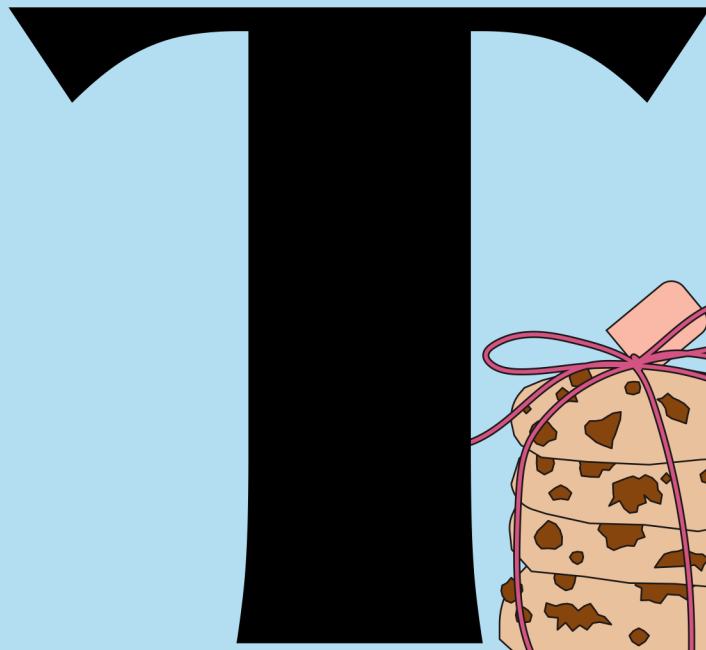
S

Strong

My power is on the inside,
and you can build yours too,
Being strong lets me face what's
in my way and view!



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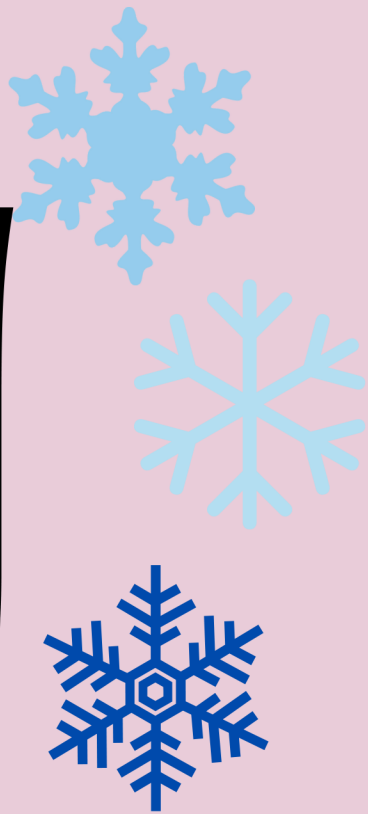


Thoughtful

I tend to see the greater good
which means I think of others,
I'm thoughtful about everyone,
especially my friend's mothers!



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U

Unique

I'm proud to be a one-of-a-kind,
with my own qualities and skills,
My uniqueness shows in all I do,
so every day is full of thrills!



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Vivacious

I am very energetic
so vivacious does describe me,
Enthusiasm is at my side
whether I'm on land or out at sea!



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Witty

It's true my mind is quick
and that cannot be denied,
My way of seeing things
sure brings out my clever side!



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Xtraordinary

It's hard to find a word for who I am

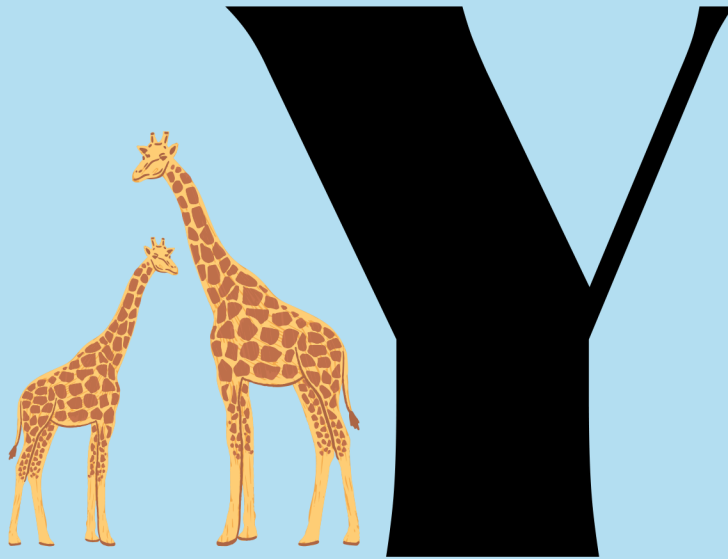
that does begin with X,

So, I made up my own to express

my awesome specialness!



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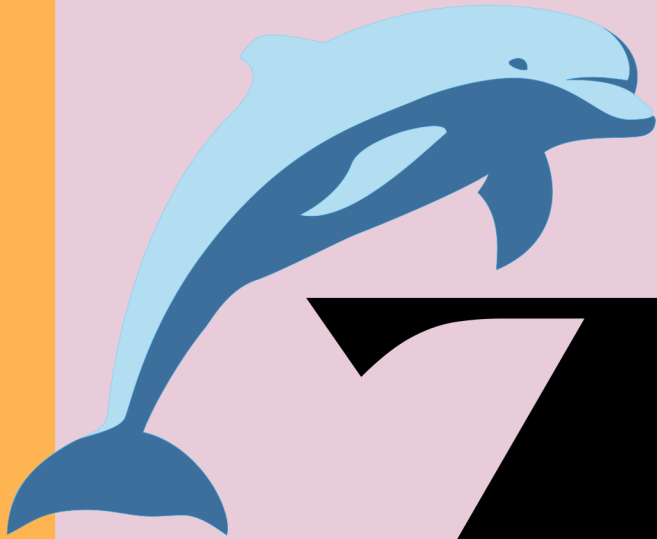


Young

I'm in my childhood,
so there's lots ahead for me to know,
But I'll hold onto my child's wonder,
so I'll be sure to grow!



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Z

Zestful

I have a passion for life,
always looking for exciting new things,
A zestful attitude means much joy,
for happiness it surely brings!



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