



2018 Conference
JOURNAL

**BUILDING SELF ESTEEM,
CONFIDENCE & LEADERSHIP**

My name is:

Hey, It's Me! Hannah!

Hey everyone! It's Hannah, remember me? I'm back and excited for you to go through this little booklet Jacq and I made special just for you!

First and foremost, I wanted to thank you for coming to our conference today. I hope you had so much fun, and ya know, learned a thing or two.

While we may seem worlds older than you (even though I promise you we are not) I remember clear as day being your age and going through all the tough stuff that comes with growing up. So I thought of a couple things I would tell my younger self if I could go back:

1) You might not know it yet, but *you've got so many gifts and remarkable qualities about you*, you just have to believe in yourself and they will appear. Almost like magic but has more to do with your killer confidence.

2) Your body is beautiful, always will be and always has been. You might think that it looks worlds of different from everyone else's, but remember that there is beauty in difference.

3) Remember all those times you were called bossy or intimidating (lol), take it as a compliment. *There's nothing wrong with speaking your mind and being the strong lady you have always been.*

4) Sometimes friends are meant to come and go in your life. Be picky with who you spend your time with. You are worth being surrounded by only the best!

5) You may never feel like you fit in anywhere, and while I still don't have the answer yet as to why that is, I know that it is ok. It's ok because wonderful opportunities can come from this constant feeling of being different. Difference is a sign of uniqueness and that is pretty sweet. But I also know it's ok because I trust you to get yourself through anything that life may throw your way.

I feel really blessed and humbled to be a part of a such a powerful movement. Finding my feminist roots from a young age has given me purpose and an exciting pathway in life. True strength and change can come when groups of people, particularly young ladies, discover how powerful they can be. For that, I'm happy to be a stop on your journey of self-discovery.

Never forget how special you are and remember that you are never alone as you navigate beautifully through a world that may challenge you.

Wishing you nothing but smiles,

Hannah

Program Developer and Lead Facilitator

Hey gorgeous!

It's your friend Jacqueline here! I'm gonna start by saying that all my success and my self-esteem are thanks to the incredible women and girls in my life. They taught me how to love myself and love others. They taught me to believe in myself no matter what other people say, and to believe I am smart, strong, valued, and powerful. Thanks to them, I am empowered enough to spread the power to you girls, and share the lessons I've learned. Learning is my favourite thing in the world! It's not dorky, or lame, it's actually super cool, because the more we know, the more power we have! The more we share this knowledge, the louder our voice gets!

I am a feminist. Every bone in my body, every hair on my head, is full of crazy, wild, exciting, passionate, feminist girl power! If you don't know, a feminist is someone who thinks men and women, boys and girls, and every gender in between, should have the same human rights, the same education, be paid the same amount, be given the same opportunities, and be treated and respected equally. You're probably laughing and thinking, well doesn't everybody think that!? Sadly, not everybody believes women and girls should have

the same life as men and boys, and those people affect a lot of other people's lives. This is why I made it my life mission to fight for women's rights all around the world. It's very important to me that you grow up in a world that values and supports girls, and doesn't stop them from being who they want to be.

Believe it or not, for a long time I actually didn't want to call myself a feminist because I was afraid it would make me seem uncool or dorky. All my friends were "too cool for school" and didn't take many things seriously like I did. After a while I realized how CRAZY I was being and snapped out of it! Being yourself is what makes you cool! Being smart and passionate is not dorky at all, it's inspiring! And if I could be confident in anything else, why couldn't I be confident enough to stand up for my rights as a girl?! So I started calling myself a feminist and never looked back! It's really not a bad term at all, people are just scared of it because it means society is going to change, and a lot of people don't like that kind of change. But change is going to happen...with you and me!

Thank you for being part of the One Girl movement! I hope you know that you really can make a difference in the world! You are smart! You are amazing! You are special! You are One Girl!

All my love,

Jacqueline

Program Developer and Lead Facilitator



10 Morning Affirmations for a Confident Day

Sometimes we just need a little confidence boost to get going, and that's totally okay! Anytime I'm not feeling like myself, I look in the mirror and remind myself how great I am. My mom always said "If you say

anything enough, it will become true. If you say 'I'm smart' enough times, your brain will believe it!" **Try saying these things in the mirror every morning to boost your self esteem.**

I am confident in myself and my abilities

I am feeling healthy and strong today

I am very smart and very capable

I have everything I need to be incredible today

I have the tools I need to solve any problems that may come my way

I am safe and I am loved

I have all the knowledge I need to make the right choices

I control my life

I have the courage to be completely only myself

I am me and that is enough

What are some affirmations you can think of for yourself?

1) _____

2) _____

3) _____

4) _____

5) _____

Let's Celebrate YOU!

Let's face it my friends, we live in a world that is obsessed, yes OBSESSED, with bodies. We are constantly being bombarded with news of 'good' bodies, 'bad' bodies, fat bodies, slim bodies, muscular bodies and everything in between. Because of all of these unhealthy messages, it took me a long time to really appreciate and love my body. By long time, I mean I still struggle with it today!

A big part of my journey to self-love came with having to change the way I thought about myself. So I started talking to my body. Yeah, no need to tell me, I know it sounds silly but give it chance. If you're anything like me and struggle with body love, say these things to yourself every day in the mirror and I guarantee you that you are bound to feel better. **There are 5 spaces at the end of the list for you to add your very own self-love statements.**

- 1) Hey gorgeous, don't you look radiant today!
- 2) As my good pal Ed Sheeran once said, I truly do love the shape of you! Time to go out and share how rockin' I am with the whole wide world.
- 3) Hey body, I really appreciate how you help me get through every day and allow me to do everything I love like dancing, working out, reading, hanging out with friends and relaxing.
- 4) Wow my stomach looks awesome today! It not only lets me eat all my favourite foods but it's strong and holds my body up. What would I do with it!
- 5) Wowzers!! Look at how pretty the colours of my stretch marks are! My body is a canvas and it's truly beautiful that my skin has been painted with signs of growth and living.
- 6) Holy smokes, I just love my legs, in particular my thighs. I mean seriously, look at how STRONG they are, how could I not love them.
- 7) Thank you hips for helping me strut into my life every single day! You're the real MVP.
- 8) I've never seen arms as flawless as yours, flaunt them my friend!
- 9) Hey you, remember that you are perfect, loved and important just the way you are without changing a single thing about you.
- 10) I love how unique my features and my body are, flaws and all. Seriously, I wouldn't change anything about being me!
- 11) _____
- 12) _____
- 13) _____
- 14) _____
- 15) _____

Hannah's Top 5 Feel Good Tunes

Let's be real, anything by Beyonce,
but "Grown Woman" never fails to get me

"Whole Lotta Woman" Kelly Clarkson

"Shake It Out" Florence and the Machine

"Fighter" Christina Aguilera

"What Do I Know?" Ed Sheeran

Jacqueline's Top 5 Feel Good Tunes

"Walking On Sunshine" Katrina & The Waves

"Wake Me Up Before You Go Go" Wham!

"Sleep On The Floor" The Lumineers

"Honey Leave The Light On" Kristin Diable

"Jade" Edward Sharpe and The Magnetic Zeros



Getting Rid of Negative Energy

Sometimes we just can't avoid negativity and stress. Life is full of bummer moments that can really get a person down. It's okay to be sad for a little while, but it's important to remember that these moments of stress,

and whatever caused them, aren't the end of the world. **When you're ready to ditch the bad vibes, use this simple trick and you'll feel better in no time!**

Step 1:

Close your eyes and imagine the feeling as a ball of energy in your hands.

Step 2:

Give that ball a shape, a colour, a texture, even a smell. Really imagine your feelings as an object that's holding on to all your stress.

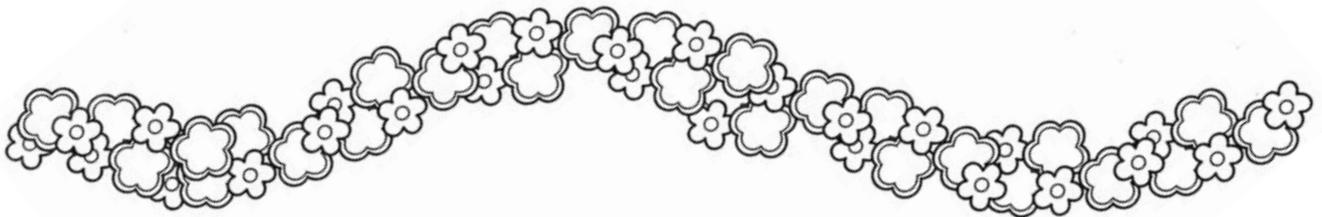
Step 3:

Throw it far, far away!

Step 4:

Relax and be happy!

P.S. This trick also works for nerves, stomach butterflies, and the heebie-jeebies.



A Journey Through Mindfulness

Sooooo mindfulness, don't panic, I know it's a big scary word but I promise you, it's one of the coolest tools to master. I remember growing up and feeling as though life was going super quickly. I would spend days and weeks being so busy and in go go go mode, that time seemed to pass without me even realizing! Even if this isn't something you can relate to, mindfulness is important because it teaches you to appreciate every moment of life. The big moments and the little

ones too! Mindfulness is super important to help deal with tough feelings like being nervous or anxious.

While this might not seem like the most exciting thing in the world right now, (yes I can feel you yawning!) just wait until we get into the activity. I promise you, you're going to feel oh so wonderful!

The only things you need for your first journey through mindfulness is a Hershey kiss (or any other small treat) and a sunny disposition (a smile)!

- 1) Sit comfortably, wherever and however that might be, do what feels most natural to your body.
- 2) Relax my friend.
- 3) Put the Hershey Kiss in your hand and look at it. What do you notice about its shape? What about its size?
- 4) Take a look at the wrapping paper. What colour is it? Does it make a sound when you move the kiss in your hands? Is it shiny? Is it soft?
- 5) Unwrap the chocolate. Let the Hershey kiss sit your hand. Look at it now, how has it changed? How does it look different? Or the same?
- 6) Feel the weight of the chocolate in your hand. Notice the texture.
- 7) The moment you have been waiting for...put the chocolate in your mouth BUT don't eat it!
- 8) How does it feel as it melts? Is it smooth, hard, soft?
- 9) Move the chocolate around in your mouth, does the taste change?
- 10) And the moment you have been waiting for swallow the chocolate and remember to feel every moment of finally getting to enjoy your treat. Feel the taste and the sensation of eating something so delicious!

So let me ask you this, how do you feel now?! If you found the activity tough, that's ok, to come clean, it was supposed to be! While it can be hard to sit and focus on something so simple, the more

practice you do with it the easier it will become. Being able to sit and be with thoughts is a powerful tool, something that might even leave you feeling more relaxed and dare I say, happier.

DIY Self Care Kit

We all need taking care of, and the best person to take care of you, is you! If you're stressed out, sad, anxious, sick, worried, grumpy, happy, excited, nervous, or any mood in between, these things can help you. Your mental and physical health are so

so important, I can't stress it enough! So whether it's getting through the bad times, or making the good times better, **this DIY self care kit is here to make sure you are taking care of yourself the best you can!**

- Tea - Chamomile and Lavender are great for relaxation
- Stress ball - Squeeze this when you feel stressed out
- A good book - Poetry and adventure stories are great for mental clarity
- A colouring book - We all know doodling and colouring outside the lines is a fun de-stressor, no matter how old you are!
- A funny movie - Curling up on the couch with your favourite snacks and a blanket is sometimes all you need to feel smiles better
- Tissues - It's okay to cry! Sometimes crying is just the relief we need! Let it out, there's no shame!
- A Gratitude list - Write down all the things you're grateful for, like your friends and family, your skills, your smarts, and your opportunities! Remembering what we're grateful for puts life in perspective and makes the bad things seem not so bad anymore.
- Headphones and a great playlist - For when you just need to rock out for a little while!
- Some healthy snacks - Our bodies need good nourishment just as much as our brains do! Keep yummy snacks on hand for when you feel a little low on energy.
- Running shoes - Staying wild, active and adventurous is important to a happy, healthy you! Go for a walk outside, the fresh air works wonders!
- A homemade face mask or bath bomb - You are worth pampering! Treat yourself to a day of spa glam!
- The phone number of someone you trust - Talking to people, whether it's a close friend, sibling, parent, teacher, or counsellor, is important for everybody. Talking about your feelings and thoughts can flip everything around for the better!

DIY Self Care Kit

Make your own list! What do you do to feel relaxed, happy, or confident?

- _____

- _____

- _____

- _____

- _____

- _____

- _____

- _____



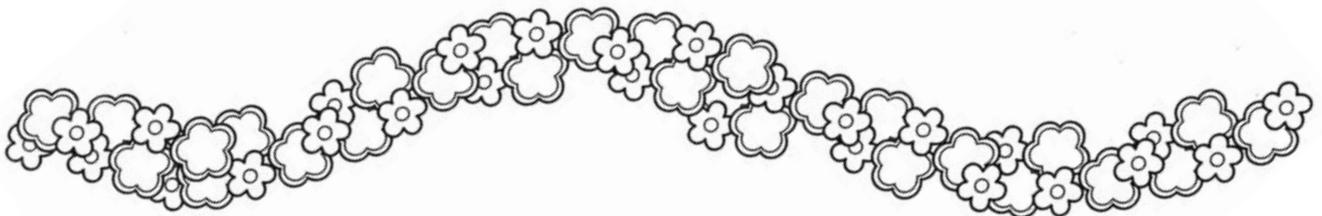
What the Heck is Body Image?

I think body image and self-esteem will unfortunately always be a hot button topic for women, girls and people everywhere. I mean seriously, it would seem that anytime we turn around there's a new beauty trend we must aspire to achieve. The pressure can a lot of the time be incredibly overwhelming, trust me, I know. My journey through body acceptance has well... not been smooth. But I truthfully would not change a single thing about my experience. I don't think I can remember a day growing up where my body wasn't considered 'different'. I've always had a hard time finding clothes as many stores don't sell my size, I've hardly ever seen my body described as simply beautiful without including words like 'even though it's bigger' and I've hardly ever seen it as a leading role in all those movies I've watched over the years. So as a young lady who knew I was fabulous, I also couldn't help but feel like there must be something wrong with me. I mean if I can't find clothes in stores everyone else shopped in, if everyone described my body as different and if no one seemed to want to love the girl with a curvy body then there must be something wrong with me right? HA no, don't believe that for a second! Fake news my friends, and it's been caught red handed. One of the most important moments

when I realized that none of this was true was coming home from school one day, sobbing to my mother about how much I hated the way I looked. And I mean the ugly kind of crying. It was in that moment that my mother said to me one of the most impactful pieces of advice she's ever given me, she looked at me and said "Hannah you know that your body is perfect without changing anything about it". How simple a thing to say, but wow did I ever need to hear that.

It was from there that I realized that it wasn't my fault I couldn't find clothes at the popular stores, or that my body was labelled as different or that my body neglected to be represented in movies because it was a part of a bigger issue than me.

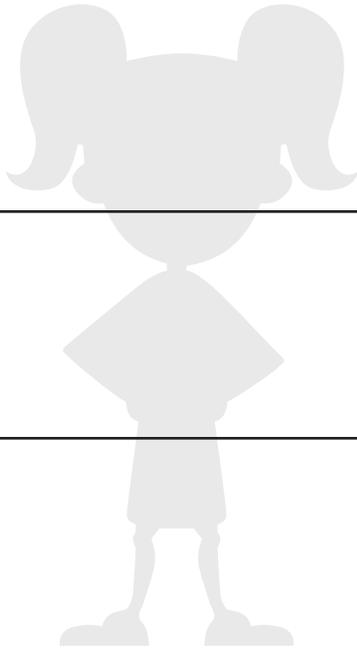
While you may not have my body type, you definitely have a body. And at some point in time your body may have been 'in' or 'out' of style according to some silly beauty standards. What's important to remember is that all bodies are 'good' bodies and you can be beautiful at ANY size! YES, let me say it one more time for the folks in the back, you can be beautiful at ANY size! Keep your head up and remind yourself everyday how special your body is and how unique it is. Your body deserves love no matter what it looks like. I challenge you to love you.



What the Heck is Body Image?

Now for an activity! Let's work on eliminating those nasty things we say to ourselves and change them into positive statements.

Negative Body Talk	Why it Isn't True!	New and True Statement
My stomach is TOO big!	Bodies come in all different shapes and sizes! Because of that, there is no right or wrong way for my tummy to look!	My belly does so much good for my body like helping me stand, digesting yummy food and getting me through every day. It's size is beautiful and compliments my body!



Period Love & Puberty Hacks

The best advice I ever got about puberty (in a nutshell).

- There are lots of yucky-gucky, totally ew things in life, but your period doesn't have to be one of them. Love it and appreciate it, and your life will turn around!
- Your body is going to change... a lot... all those changes are completely normal and you are still YOU.
- Get a body wash with a smell you love! This will make showering more fun, and help with acne and body odour.
- If you feel like you're losing control over your body, remember that you have control over every other part of your life, like the food you eat, the sports you play, the people you hang out with, the music you listen to, the books you read, the clothes you wear, and so much more!
- The adult women in your life are geniuses when it comes to this stuff! They all went through the exact same changes, and have a master list of tricks up their sleeves. Trust them and talk to them about what you're feeling, it will make everything so much easier!
- Puberty isn't a secret! Don't be ashamed of your changing body. The confident you shouldn't hide your tampons or deodorant! Feeling bad about yourself is NOT part of your kick-butt agenda! So celebrate your new body, because you rock!!

It took me a long time to be comfortable with my new body during puberty. All the hair that grew in new places, the smells I wasn't familiar with, and the acne that I couldn't get rid of, was all a lot to handle! The biggest change for me though, was starting my period. I had to get used to blood coming out of me every month, cramps in my stomach, and lots of mood swings! Everybody in my class made jokes about periods and said it was gross, and I believed them! For a long time I would hide any products I used, like pads and tampons, because I was afraid people would see them and laugh. Once I grew up and got over that silly fear, I just didn't like my period at all! I dreaded that time of the month, and would complain every time it came around. I was hating on my own body for the most natural cycle that every

woman goes through.

Finally, last year, I had an epiphany (a big realization)! I realized my period is a gift, and it isn't gross, or dirty, or annoying. It's the cycle that makes human life possible, and part of what makes me a woman! I began to appreciate my menstrual cycle and flipped my whole perspective on body love! Now I appreciate my period and use that time of the month as a reminder to take extra good care of myself. This new outlook on life means I'm happy for an extra week every month, instead of complaining and feeling ashamed. Yes of course I still get cramps and mood swings, but I don't let those get in my way of having a great life!

Write down the tips you've learned about puberty from other people!
Hopefully you can learn to appreciate your new body and its functions too!

Can I Really Be Brave?

To be courageous in today's big and scary world a lot of the time means having to go against what everyone else is saying. Whether that be trying new things, thinking positively about being you or pursuing your true dreams!

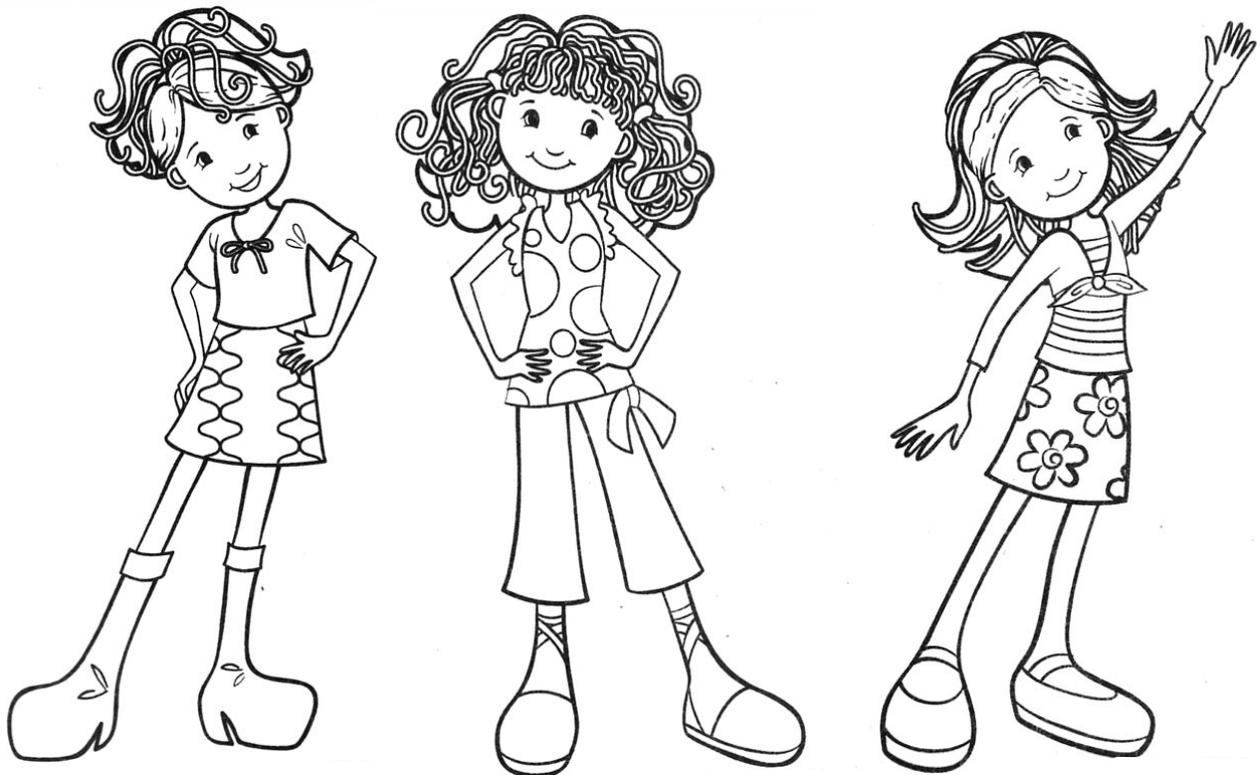
Being courageous to me means pushing past insecurities and living my life the way I want to. Think about things you have wanted to do in your life but didn't, ask yourself why didn't you? Is it because the little voice in your head told you, you couldn't? If that was your answer, dump that voice. Seriously, break up with the bully in your head.

A lot of the times we limit ourselves more than other people might because we don't believe in ourselves. Being brave and going for things we want to do are sometimes aren't even the scariest part of doing something new. Sometimes the scariest

part is convincing yourself to do it!

I want to challenge you to push yourself to be the best you, you can possibly be! A couple years ago I heard a very powerful speaker Sunjay Nath perform and he said one of the coolest things I've ever heard. He said "Sometimes it's ok to be the only one standing". And I thought to myself, hey, he's totally right! I realized that while it is great to have help from friends, I don't need anyone to help me reach a goal. I could totally do it all by myself if I really set my mind to it. And so I did, in many ways in my own life. I can safely say I've felt better about being me!

Being brave and 'being the only one standing' doesn't have to be huge change, it can be as simple as believing in yourself. Something I think we should all be recklessly brave in.



Can I Really Be Brave?

Now it's your turn! How can you be brave in your own life? Let's set three goals of things that you have always wanted to do but never tried! Here I'll start with an example:

Goal	How can I get this done?	When can I have it done by?
I want to learn how to dance.	Look into some dance classes and pick my favourite! Also believe in myself that I can do it to get rid of my own doubt.	As soon as I can find a class.

Hannah's Top 5 Favourite Quotes

- “She who is brave is free” Unknown
- “If one man can destroy everything, why can’t one girl change it?” Malala Yousafzai
- “Well behaved women rarely make history” Laurel Thatcher Ulrich
- “Being a healthy woman isn’t about getting on a scale or measuring your waistline. We need to start focusing on what matters, on how we feel, and how we feel about ourselves” Michelle Obama
- “I have chosen to no longer be apologetic for my femaleness and my femininity. And I want to be respected in all of my femaleness because I deserve to be” Chimamanda Ngozi Adichie

Jacqueline's Top 5 Favourite Quotes

- “It is time that we all see gender as a spectrum instead of two sets of opposing ideals” Emma Watson
- “Compete with the boys. Beat the boys.” Michelle Obama
- “What’s the greatest lesson a woman should learn? That since day one she’s already had everything she needs within herself. It’s the world that convinced her she did not.” Ruip Kaur
- “The most common way people give up their power is by thinking they don’t have any.” Alice Walker
- “Tell me, what is it you plan to do with your one wild and precious life?” Mary Oliver



