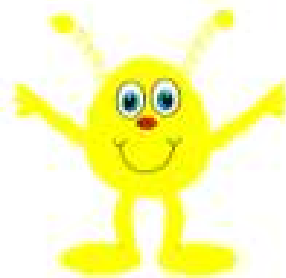




I Am  
**STRONG**  
I Am  
**COURAGEOUS**  
I Am  
**GIRL**

Tracie Johansen



# the **Azpazaz Bunch**

## The **Azpazaz Bunch** Positive Affirmation eBooks Usage Rights

This eBook is for your own personal use. Please do not copy or use the eBook or characters for other products.

All the stories, characters and artwork maintain a copyright. You may not use any of the images for commercial use, mass production, profitability or reselling of the eBook PDF's or the finished products. You are permitted to use them only for personal use for your own family or events.

You may not use any of the graphics included in this package on any website, for logos or any digital medium. All the characters are © copyright Tracie Johansen - AzpazazBunch.com. Please no sharing of files. If you have friends that want them, please send them to my offer.

Thank You,

Tracie Johansen

[AzpazazBunch.com](http://AzpazazBunch.com)

[azpazazbunch@gmail.com](mailto:azpazazbunch@gmail.com)

Note: This Version Published  
under permission of the author on  
<https://www.freekidsbooks.org>



I Am  
**STRONG**

I Am  
**COURAGEOUS**

I Am  
**GIRL**

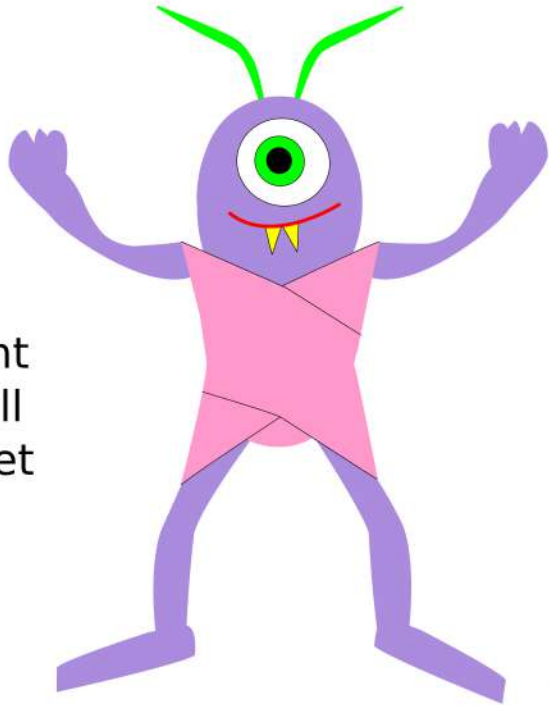
Story and Graphics Copyright © 2018-2021 By Tracie Johansen  
All rights reserved, including the rights to  
reproduction in whole or part in any form.  
[AzpazazBunch.com](http://AzpazazBunch.com)

Read this book out loud to yourself every day and don't let anything get in your way. Tell yourself every day that you are strong, determined and unafraid and you have the ability to be self made.

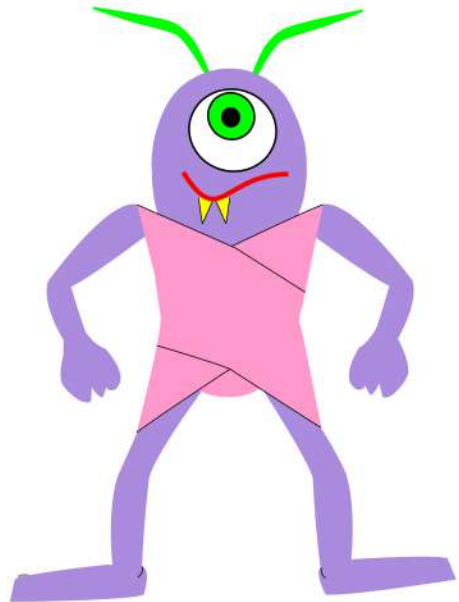


When I feel strong, I feel brand new, I will  
keep on going till my dreams come true.  
I will be strong and I will be tough, and  
I will not sweat the small stuff.

If obstacles get  
in my way, I will  
push my way  
through them  
every day. I will  
become stronger  
and more confident  
each day, and I will  
not let anything get  
in my way.



When things seem  
DIFFICULT  
and I feel like  
I CAN'T GO ON,  
I'll do whatever  
it takes to  
KEEP GOING  
and be  
STRONG.



I know that as long as I

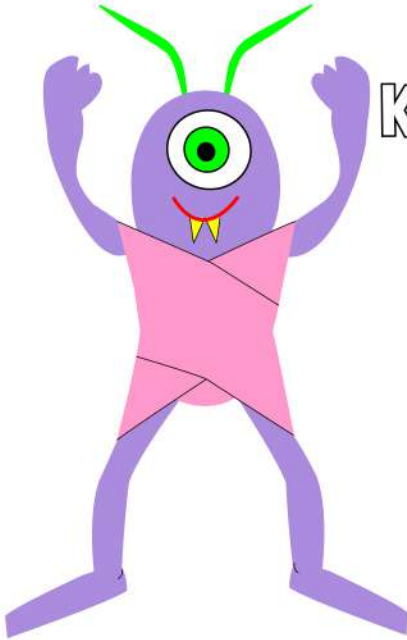
**KEEP GOING**

that I will get

**STRONGER**

and I will

**KEEP GROWING.**



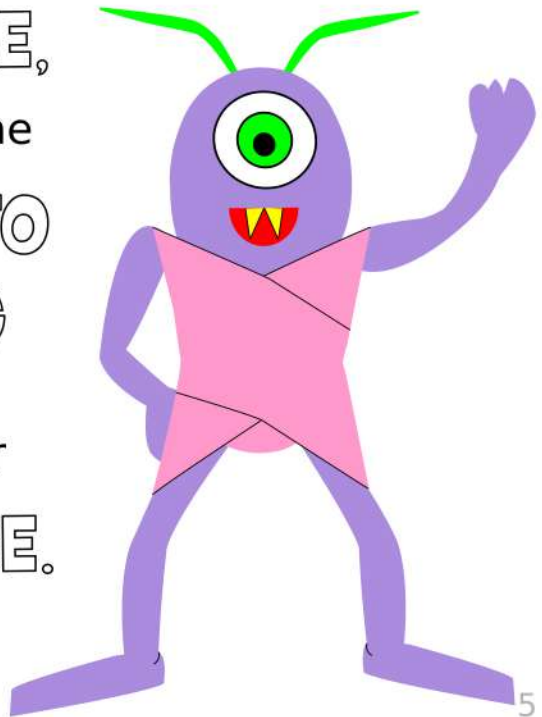
When I'm feeling so weak  
I FALL TO MY KNEES,  
and I look at the sky and say  
GIVE ME  
STRENGTH PLEASE.





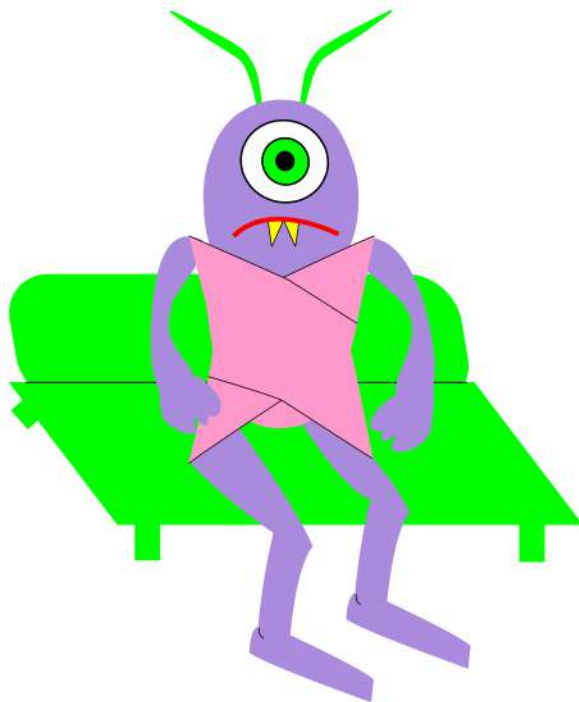
I will gather up all my **COURAGE**  
and remind myself that whether  
or not things turn out right is

**ALL UP TO ME,**  
and it gives me the  
**STRENGTH TO**  
**KEEP GOING**  
so I can  
become whatever  
**I WANT TO BE.**

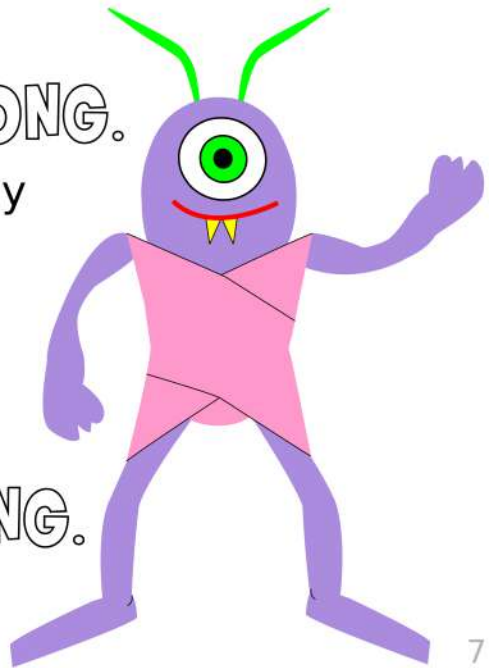


I find some things seem impossible  
to do, I get so frustrated that I . . .

SIT DOWN AND STEW.

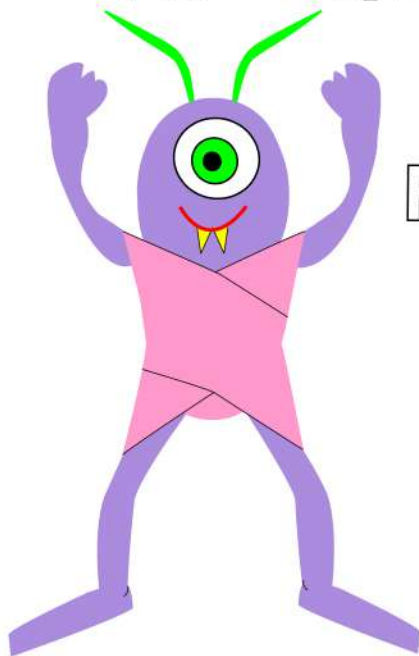


But I will not allow myself  
to be down for long,  
I WILL STAND  
BACK UP  
and  
I WILL BE STRONG.  
I will muster all my  
COURAGE  
and  
SING A  
CHEERFUL SONG.



Sometimes I feel like the  
WAVES OF THE OCEAN  
are pulling me  
OUT TO SEA  
and the  
HARDER I KICK  
the  
FARTHER I GO  
and I wonder if I will ever  
GET FREE.

So I gather up all of my  
**COURAGE AND STRENGTH**  
and  
**PULL MYSELF TOGETHER,**



and before I  
know it I start  
**FLOATING BACK**  
**TO LAND**  
and feel  
**LIGHT AS A**  
**FEATHER.**

If someone tells me I'm no good I will simply

WALK AWAY,

I won't allow anyone to

BRING ME DOWN

or

MAKE ME FEEL SMALL

because of

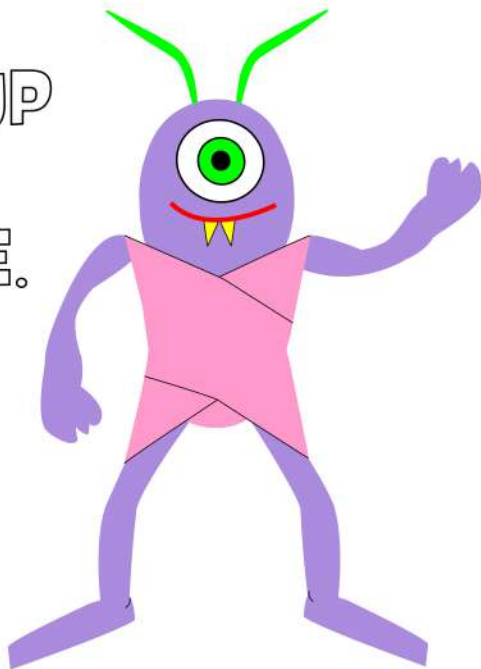
WHAT THEY SAY.



I will be  
**STRONG**  
and  
**KEEP ON GOING,**  
because I know  
**MY DREAMS**  
are  
**WORTH GROWING.**

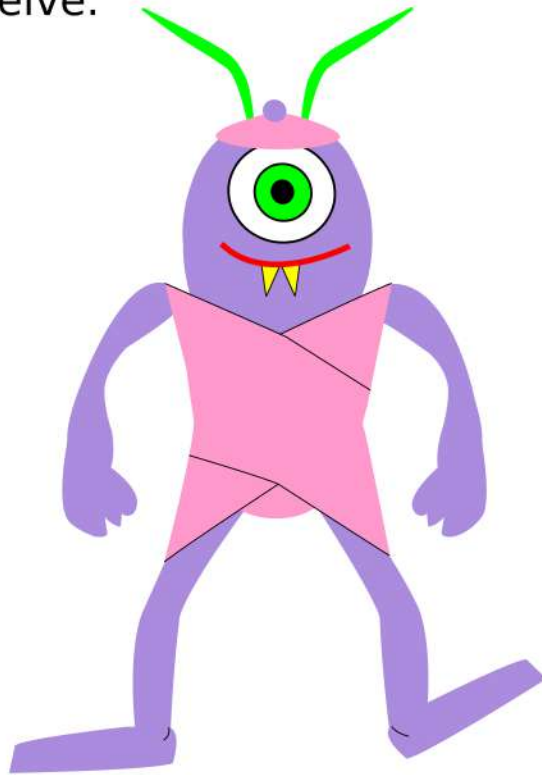
When I feel so afraid and  
SHIVERS RUN  
DOWN MY SPINE,

I will  
RISE BACK UP  
and  
I WILL SHINE.





Today I will challenge myself to take risks so I can accomplish what I want to achieve. I know if I stay strong whatever I strive for I will receive.

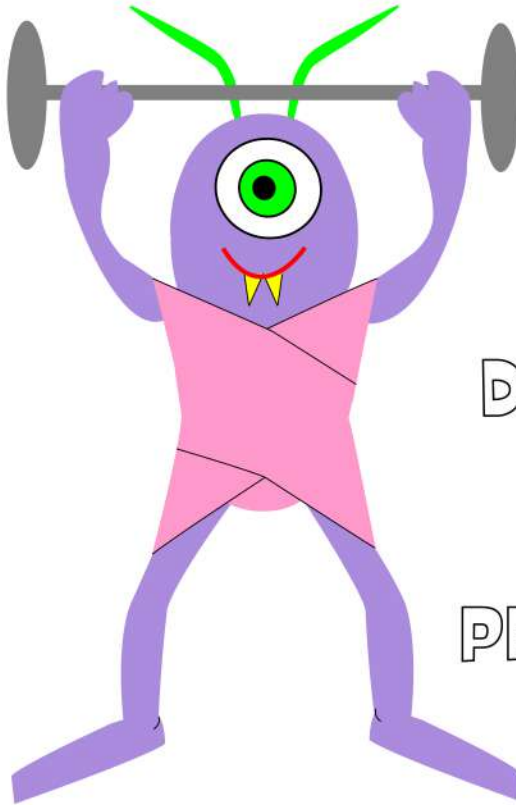


Sometimes I feel like I'm in the middle of an  
**EARTHQUAKE**  
and the ground below me is starting to  
**BREAK.**

I feel like I'm falling and  
**CANNOT STOP,**  
so I grab a hold of something and pull myself  
**BACK TO THE TOP.**

Because I will not allow myself to  
**FALL,**

I will get back up and  
**CLIMB THAT WALL.**



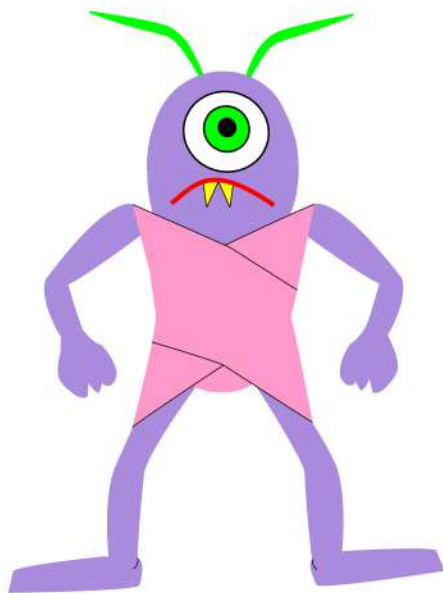
I will be  
**STRONG**  
and not  
**ACCEPT**  
**DEFEAT,**  
and be  
**DETERMINED**  
**TO WIN**  
like a  
**PROFESSIONAL**  
**ATHLETE.**

No matter how difficult things may seem

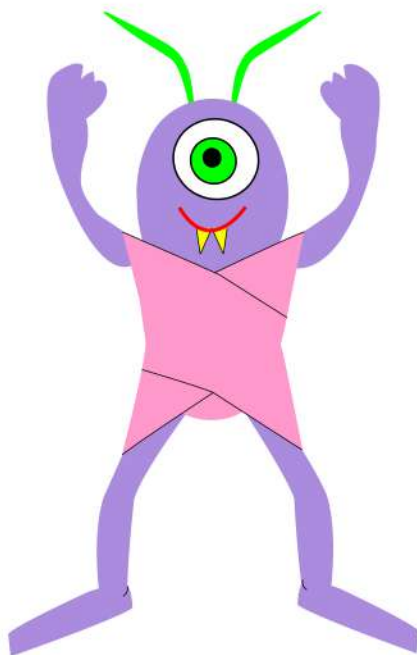
I REFUSE TO GIVE IN,

I will pull out every bit of strength and

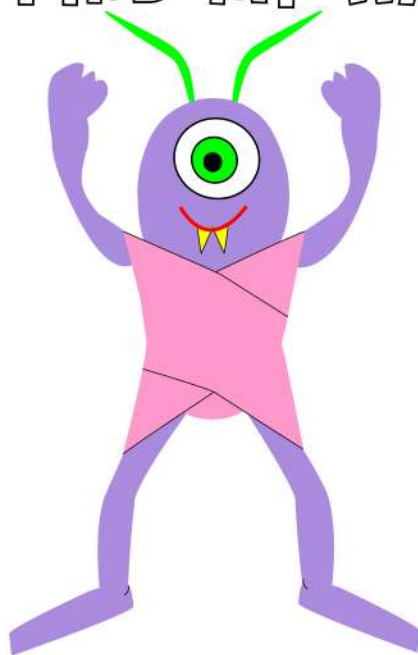
GIVE IT ANOTHER SPIN.



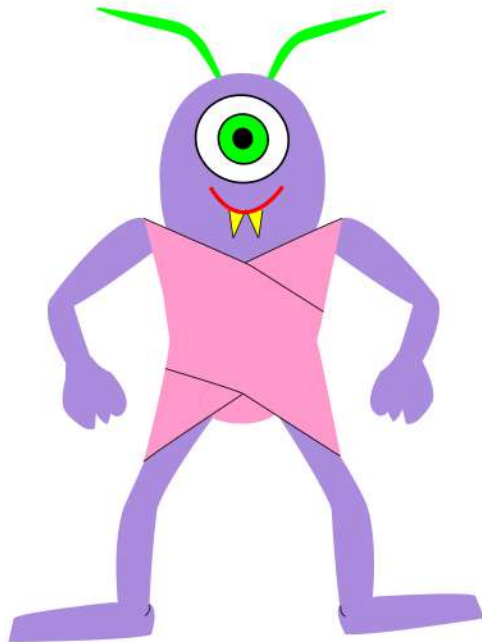
I feel steady and strong like a  
**GREAT BIG BOULDER,**  
like I could handle anything that  
**LANDS ON MY SHOULDER.**



I will challenge myself to be  
**GUTSY TODAY,**  
I'll reach deep down inside until  
**I FIND MY WAY!**



When I feel  
**GUTSY, BOLD AND SURE,**  
I know no matter what happens  
**I WILL ENDURE.**

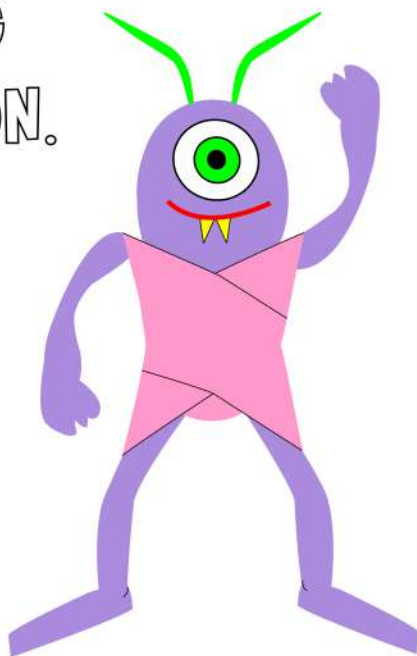


Having the courage to do something  
even when someone tells me it

CAN'T BE DONE,

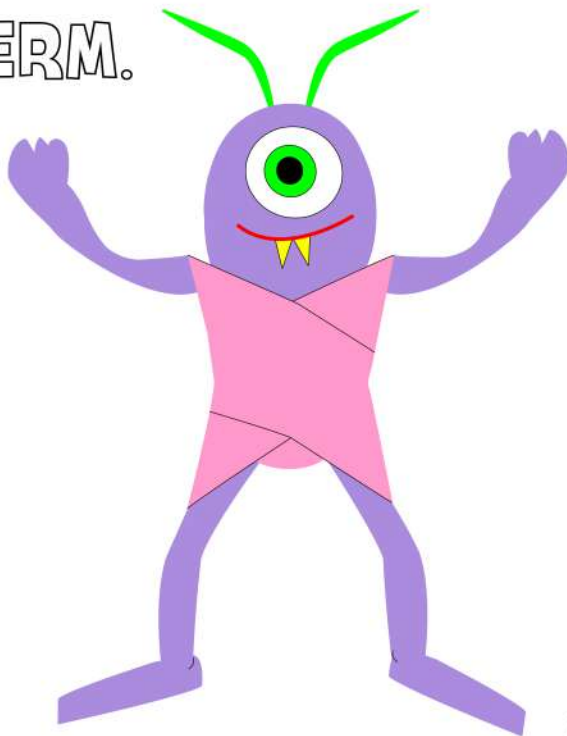
gives me confidence in myself to

KEEP GOING  
UNTIL I'VE WON.

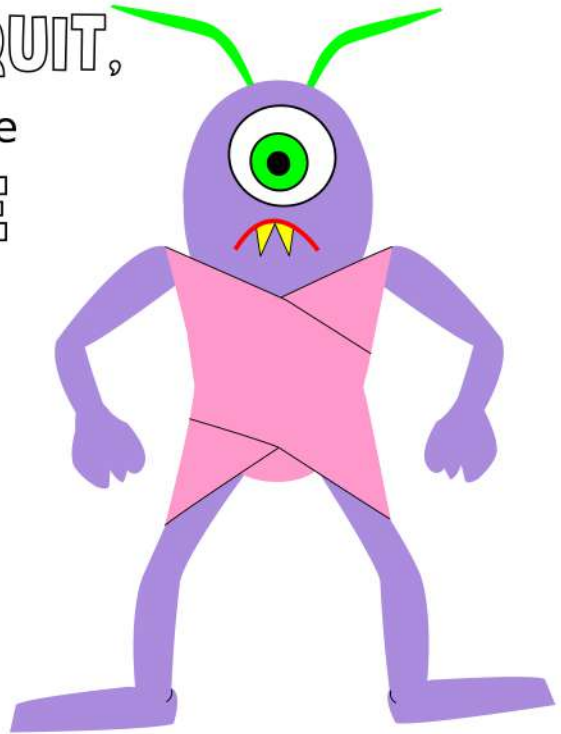




I will work toward my goals and  
**I WILL STAND FIRM,**  
and I'll stick it out for the  
**LONG TERM.**



If ever  
I FEEL WEAK  
and  
ABOUT TO QUIT,  
I will work up the  
COURAGE  
to keep going and  
MAKE IT!



I will imagine the calm  
of the ocean before a

TIDAL WAVE;

and I keep my  
mind focused

SO I CAN  
BE BRAVE.



When I feel my heartbeat after a

GOOD WORKOUT,

it makes me want to

SMILE AND SHOUT!

I know I am

HEALTHY

AND

STRONG

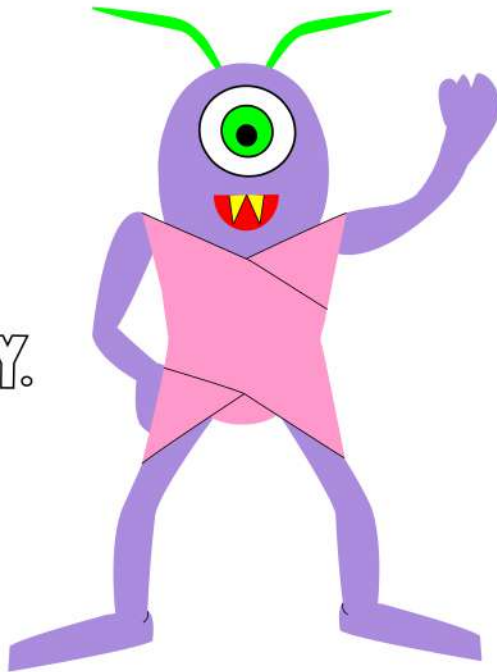
AS CAN BE,

and

I AM HAPPY TO BE ME!

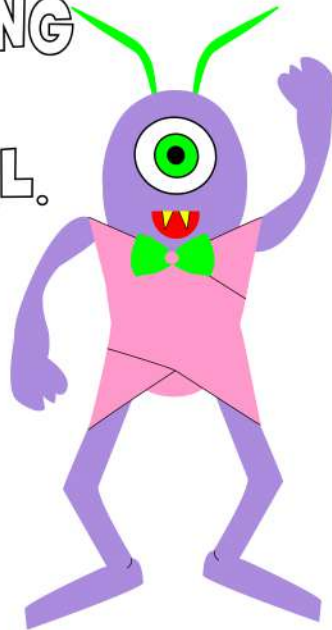
I will  
FACE MY FEARS  
COURAGEOUSLY TODAY,

I will be  
STRONG  
and  
I WILL  
NOT STRAY.



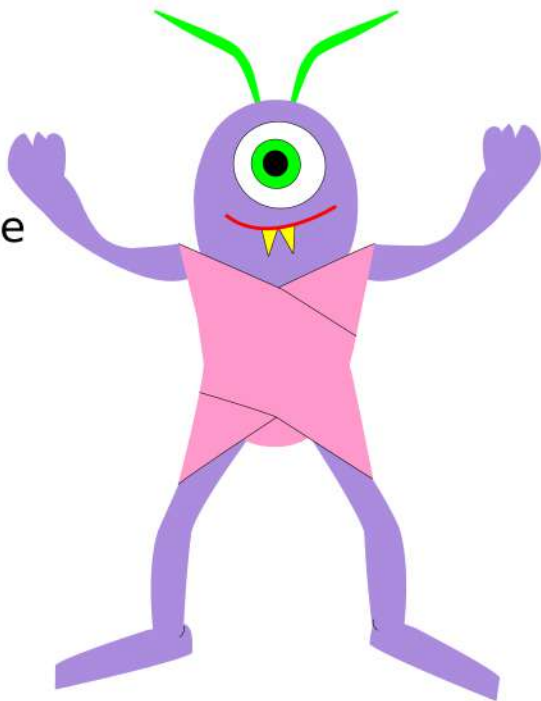
No matter what CHALLENGES  
come along, I will be  
COURAGEOUS  
and I will be STRONG!  
I will  
TACKLE THEM ALL  
and  
FOLLOW THROUGH,  
and  
GIVE EVERYTHING I HAVE  
to make my  
DREAMS COME TRUE.

When  
I AM COURAGEOUS  
and  
HAVE NERVES OF STEEL,  
I FEEL AMAZING  
and  
SIMPLY IDEAL.



When I feel like I can do no wrong, I will  
rise up and I will be strong. I'll speed quickly  
along like a panther running free; I know that  
I can be whatever I want to be.

I enjoy challenging  
myself and each  
day I'll reach a  
new height, because  
I am the girl whose  
light will always  
shine bright.

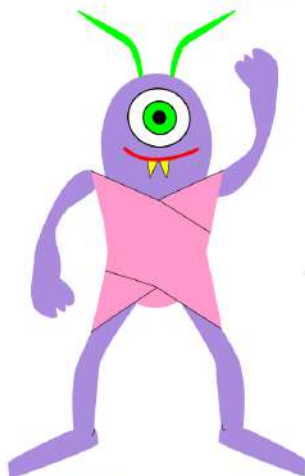




As Long As I Stay Positive  
I Can Accomplish Great Things!



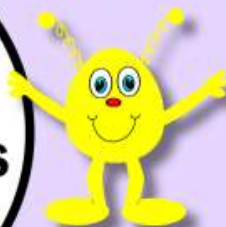
Come visit me and all my positive friends at:  
[AzpazazBunch.com](http://AzpazazBunch.com)



Abazora



9  
**FREE**  
Positive eBooks  
**FOR KIDS!**



AZPAZAZBUNCH.COM





Insects

Inspirational

Learning to Read

Maths

Money

Monsters

moral

Music

Nature

Non-Fiction

Nursery Rhymes

Puzzles

Rhyming

School Projects

School Tests and  
Exams

School Textbooks

This book is shared online by Free Kids Books at <https://www.freekidsbooks.org> in terms of the creative commons license provided by the publisher or author.

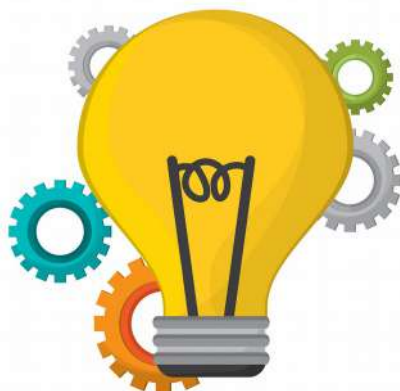
Want to find more books like this one?



<https://www.freekidsbooks.org>  
Simply great free books -

Preschool, early grades, picture books, learning to read,  
early chapter books, middle grade, young adult,  
Pratham, Book Dash, Mustardseed, Open Equal Free, and many more!

***Always Free – Always will be!***



#### **Copyright – Legal Notice**

This book has a standard copyright. The permission to publish this FKB version has been provided by the author or publisher to

<https://www.FreeKidsBooks.org>

. The book may not be re-posted online without the author's express permission.

*This page is added for identification purposes, any transmittal of this eBook version must leave this page intact.*

We support

# FKB Make a Difference

K12 - Free School Textbooks - OER Resources - Books For A Cause  
<https://www.freekidsbooks.org/makeadifference>