chase happy not PERFECT

CAMP AMERICA

ACTIVITY:
Inspirational Quotes

WHAT YOU NEED
Business card sized paper or card
Pens

ACTIVITY
Write out inspirational quotes onto business cards – enough for every child in your group.

Get each person to choose a quote that they can keep and remember when they need a boost of self confidence.

Or download our inspirational quotes sheet and cut them up to give out.

Each day get a kid to read out their inspirational quote - 'Quote of the Day'.

My goal is to fall in love with everything that I am.

It's ok to make mistakes. to have bad days.
To be less than perfect. To do what's best for you.
To be yourself.

Body confidence doesn't come from trying to acheive the perfect body.
It comes from embracing what you have.

You should be thinking about building up your character having fun. That's all. It's a celebration of curves and a celebration of women's bodies. - Beyonce

What makes you different or weird.
That's your strength - Meryl Streep

I'm not going to apologise for who I am. I'm going to love the skin I'm in. Not strive for some other version of myself - Amy Schumer

Just because you don't look like somebody who you think is attractive, doesn't mean you aren't attractive. Flowers are pretty, but so are Christmas lights. And they look nothing alike.

I am imperfect and yet my imperfections, like any great work of art are what make me a masterpiece.

Today I will dress myself in dignity. I'll wear confidence on my wrists and braid truth in my hair and no one will tell me who I am, but me.

You're a badass. Don't be sad.
You've got this. And I love you.

Never underestimate your strength, never overestimate your weakness.

Changes happen through movement and movement heals - Joseph Pilates

Successful people have fear, successful people have doubts and successful people have worries. They just don't let those feelings stop them - T. Harv Eker

I am Strong. I am Beautiful. I am Enough.

To be worthy does not mean to be perfect.

Visualise your higest self and start showing up as that person - Micki Munroe

We all grow at different rates. And that's ok.

Your potential is endless!

Always stay true to yourself and never let what somebody saysdistract you from your goals
- Michelle Obama

I can and I will. Watch me.
- Carrie Green

I aspire to be an empowered woman. With vision and grace. Soft hearted, but strong. Respected for my mind, admired for my heart and above all, always honest, open and raw
- the blackline

Out dream yourself.

Your uniqueness is what makes you incomparable! Don't underestimate the beauty of being you.

Design success on your own terms. Acheive it by your own rules and build a life you are proud to live - Anne Sweeney

Don't be pushed around by the fears in your mind.
Be led by the dreams in your heart.
Roy T. Bennett

This is my life, my story, my book. I will no longer let anyone else write it; for the edits I make.
- Steve Maraboli

Don't be intimidated by what you don't know. That can be your greatest strength and ensure you do things differently from everyone else.
- Sara Blakely

If you push through that feeling of being scared. That feeling of taking a risk, really amazing things can happen - Marissa Mayer, CEO Yahoo

Nothing can dim the light which shines from within - Maya Angelou

I'm Pretty. Pretty Kind.
Pretty Smart. Pretty Strong.

I always find beauty in things that are odd and imperfect. They are much more interesting.
Marc Jacobs

Tell me I can't, then watch me prove you wrong.

Be the change you want to see in the world
- Mahatma Ghandi

Remember why you started.

Be thankful for what you have, you'll end up having more. If you concentrate on what you don't have, you will never have enough.

No one is you. That is your power.