

Life is amazing and so are you.
You are fantastic, Fantastic You!



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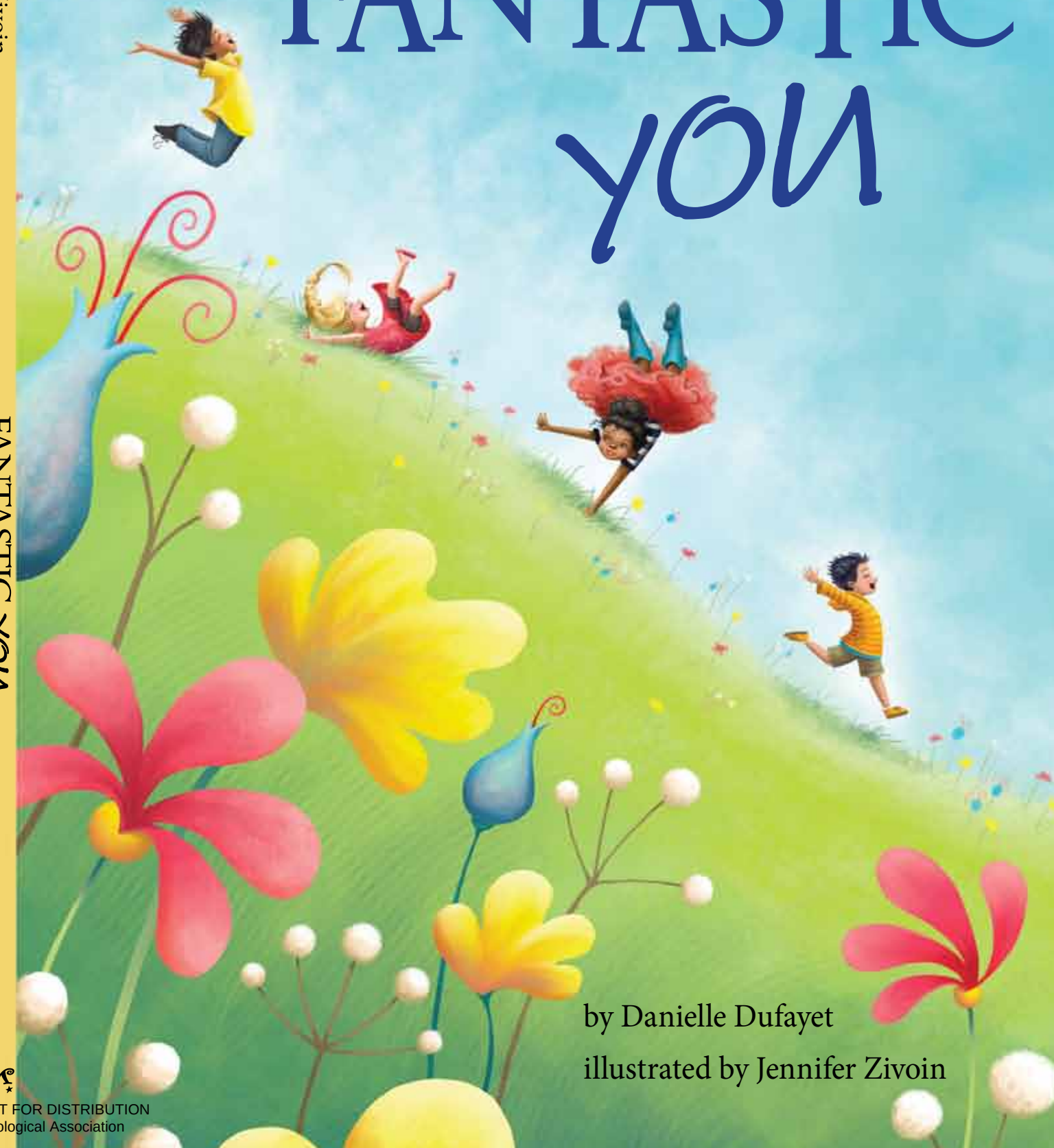
Dufayet • Zivoin

FANTASTIC YOU



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FANTASTIC YOU



by Danielle Dufayet
illustrated by Jennifer Zivoin

To my grandsons, Christopher
and Roman—may you always know
how fantastic you are!—DD

For my fantastic kids, Olivia and Elyse.—JZ



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There's one special person I'm
always with...can you guess who?





So I'm going to give myself the same love
and kindness that I give the people I love.

Loving others makes me happy and
loving myself does too!

When I wake up, I give myself a smile to
start the day off right.

And when I talk (or think) to myself, I
choose kind and positive words:

"Hello, awesome!"

If something goes wrong and I say something negative,
like, "I'll never be good enough,"

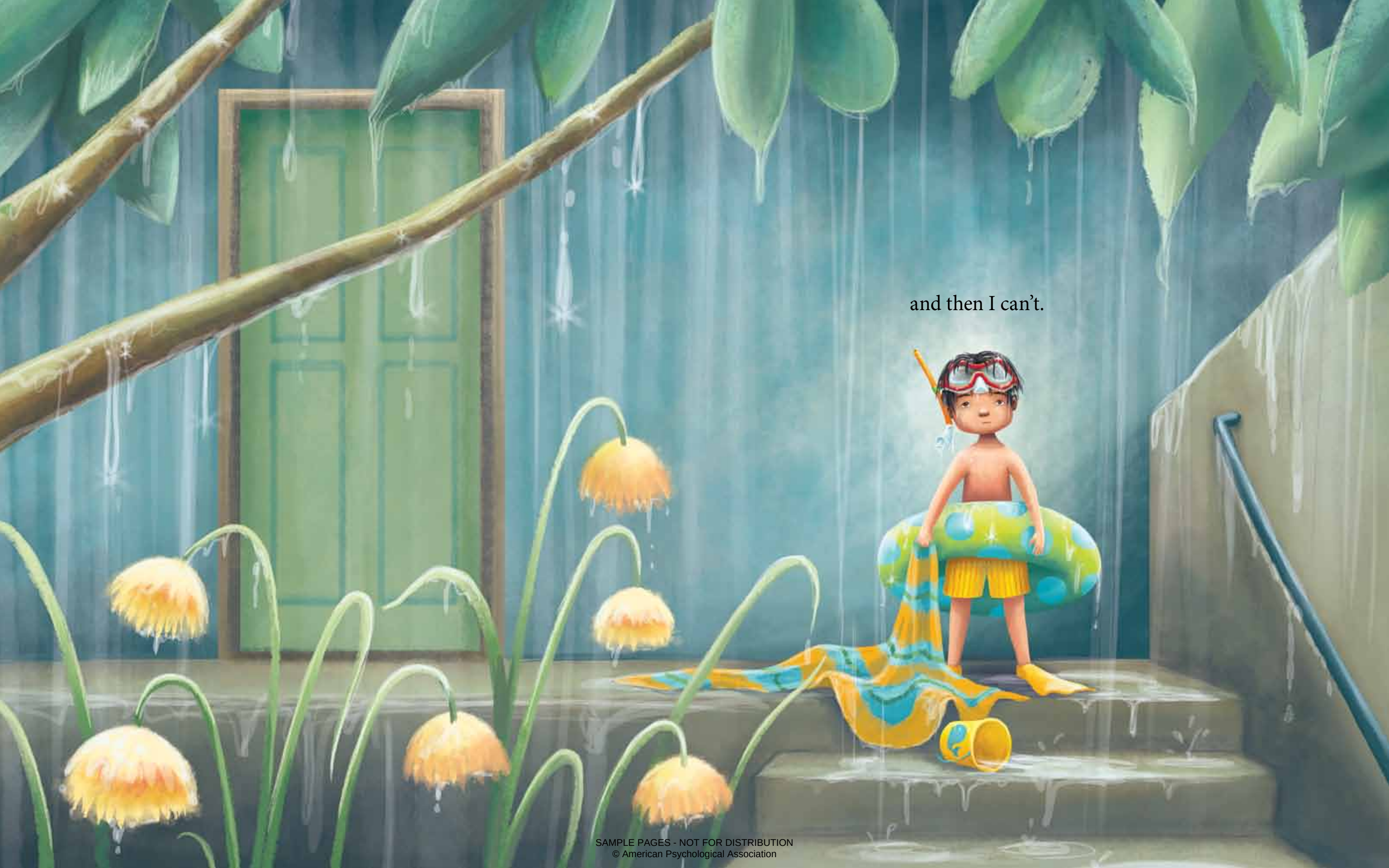
I stop myself and say something more encouraging:
"It's OK, I just need more practice and patience."

I can cheer myself on: "I can do this!"



And I can cheer myself up, like when I've
been waiting all week to go to the beach...





and then I can't.



I cheer myself up by closing
the curtains and putting on a
shadow puppet show,

building a fort,

or giving myself a chocolate
milk mustache.