



A Girl's Guide to Life

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Girl Wise® – A Girl's Guide to Life
Book 4 in the Girl Wise series

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This book belongs
to an amazing girl!

.....

You are a wonderful, creative, inspiring,
cherished girl!



You are AMAZING!





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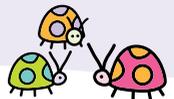
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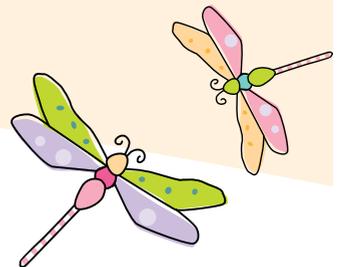
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Hi there!



Welcome to Girl Wise – a series of books that have been created especially for **YOU!**

Why? Because you are an incredible and amazing girl and sometimes you might need a little bit of encouragement along the way – to be reminded just how beautiful and capable you are!

Sometimes when we are young, we go through some wonderful times, but also some tough times. It can be problems with friends, worrying about how you look or just feeling a bit down in the dumps – this book is written especially to help you in your life!

I hope you enjoy reading it and know that you are **NEVER** alone!

You are **AMAZING.** 😊

Love **Sharon**



The season you are in

In life, you will find that you have many **DIFFERENT EXPERIENCES**. Some will be amazing, fun and unforgettable. Others will be ones you won't enjoy and will prefer to forget. But everything you go through will help **BUILD YOUR CHARACTER**.

There will be pain, and often lessons to learn.

Some lessons and experiences will pass in **MOMENTS**, others more like **SEASONS**.

Some of those seasons might seem a little scary – like starting school for the first time, or moving house or even moving cities. But there are things you can do to help you prepare for changes ahead.

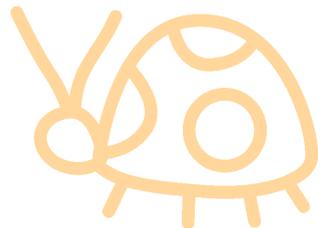




That's a big reason for me writing this book. In your hands are words to help guide you through life and be better prepared for the twists and turns ahead.

Just remember, **NO SEASON LASTS FOREVER**. If you are in Primary School now, that is only for a time. Before you know it, you will be moving on up to High School. Or if you are having trouble with your friends right now, you need to know that this won't last forever. Once you work through your problems with friends, or make choices to form new friendships, you'll look back on the situation and hopefully come away with **VALUABLE LESSONS**.

Wherever you are right now, you are **NOT ALONE**. You have wonderful people around you to listen, give advice and help you in your journey. And you will grow to be a strong, incredible and amazing young lady who will make a **HUGE** difference in this world.





WHO AM I?



Who are you?



Who you are **MATTERS!**

We have all been created as unique and valued girls – each with gifts and talents to bring to the world.

YOU, yes **YOU**, are a **GIFT** to the world.

You may not think that at the moment, but trust me: You have all that you need within to truly **SHINE** and make a difference to this world.

DON'T COMPARE YOURSELF!

It is too easy to compare ourselves with others, thinking their talents are worth more than anything we have to give. Sometimes, you might see a piece of artwork that a friend has produced and think it is amazing.

'Always be a first rate version of yourself, instead of a second rate version of someone else.'

Judy Garland

'She is so talented!' you say to yourself.

'I just wish I could draw like that.'