

Positive Words for Week 12: *I Say Yes*
Leslie Ackman/Brave Heart Sisterhood Art Journaling

Pioneering	Determined	Ambitious
Grit	Mindful	Charming
Letting Go	Caring	Outgoing
Truth	Trust	Brave
Honest	Friendship	Smart
Love	Rewarding	Independent
Giving	Confident	Tough
Truly	Beautiful	Amazing
Story	Full	Silly
Soulful	Ready	Alert
Kind	Positive	Awake
Happiness	Radiate	Limitless
Amazing	Goodness	Nurturing
Grown	Joyful	Optimistic
Healing	Yes	Respected

Bonus! Mary Oliver Poem

The Summer Day

Who made the world?

Who made the swan, and the black bear?

Who made the grasshopper?

This grasshopper, I mean-

the one who has flung herself out of the grass,

the one who is eating sugar out of my hand,

who is moving her jaws back and forth instead of up
and down-

who is gazing around with her enormous and complicated
eyes.

Now she lifts her pale forearms and thoroughly washes
her face.

Now she snaps her wings open, and floats away.

I don't know exactly what a prayer is.

I do know how to pay attention, how to fall down
into the grass, how to kneel down in the grass,

how to be idle and blessed, how to stroll through the
fields,

which is what I have been doing all day.

Tell me, what else should I have done?

Doesn't everything die at last, and too soon?

Tell me, what is it you plan to do

with your one wild and precious life?

-Mary Oliver