



# Always Believe in Yourself!

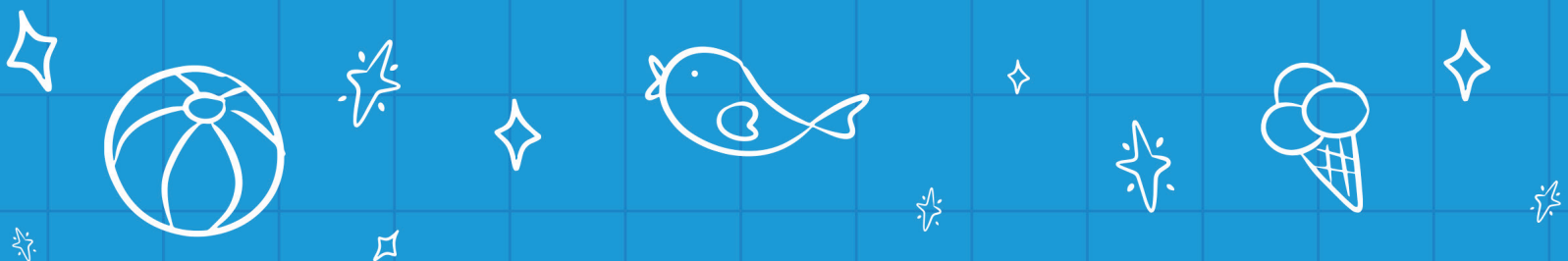
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Written by Elyse Sayers  
Illustrated by Alby Joseph





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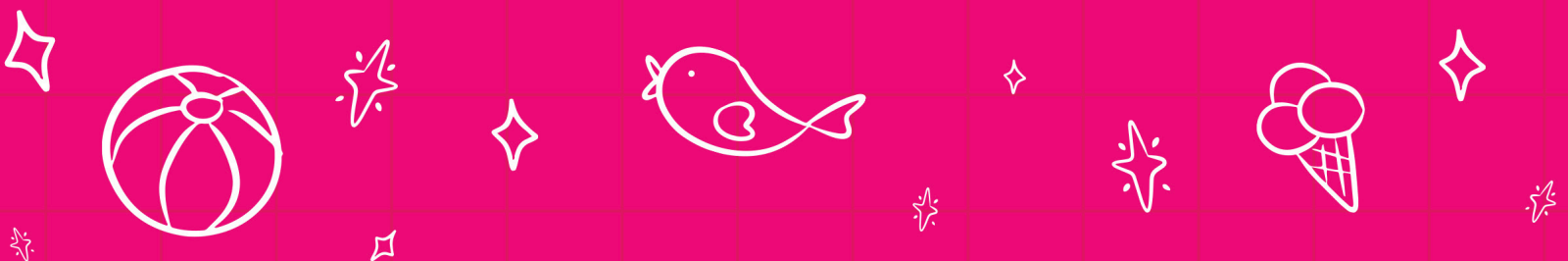


## Acknowledgements

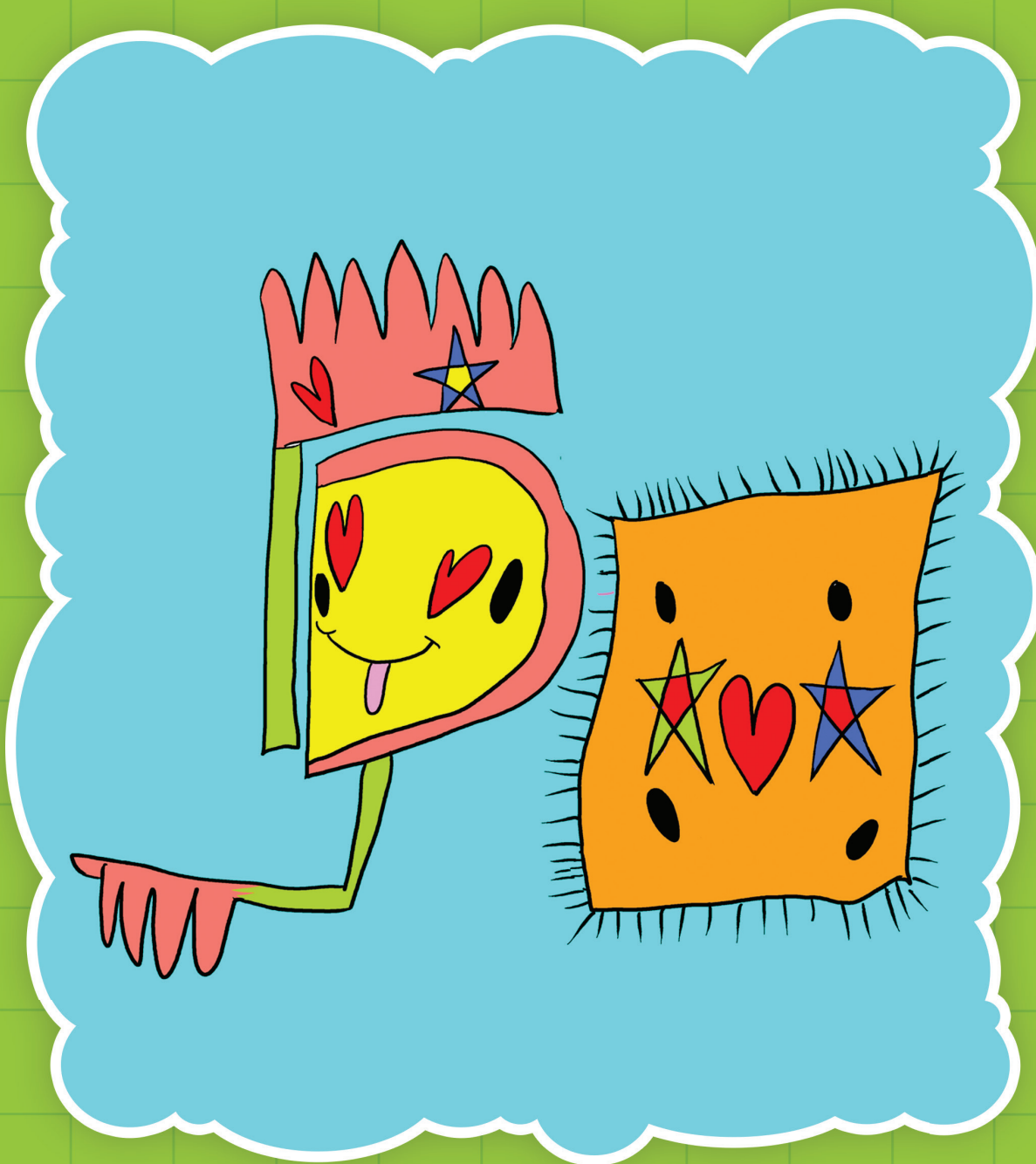
Thank you to the educators and loved ones who have poured into Elyse. She is compassionate and strongly advocates for children to have a strong belief in their abilities. She is very determined and does not let the difficulty of a task stop her from working to complete it.

Special thanks to those who assisted in reviewing this book and providing feedback. Your input is invaluable and greatly appreciated.

Additional thanks to Grandma Ann, Grandma Sylvia, Jeannine, Kari, Stephanie, and Veda for listening to our ideas, reviewing content, and providing feedback on the activity book. Your input is invaluable and greatly appreciated.







**Artwork by Elyse**



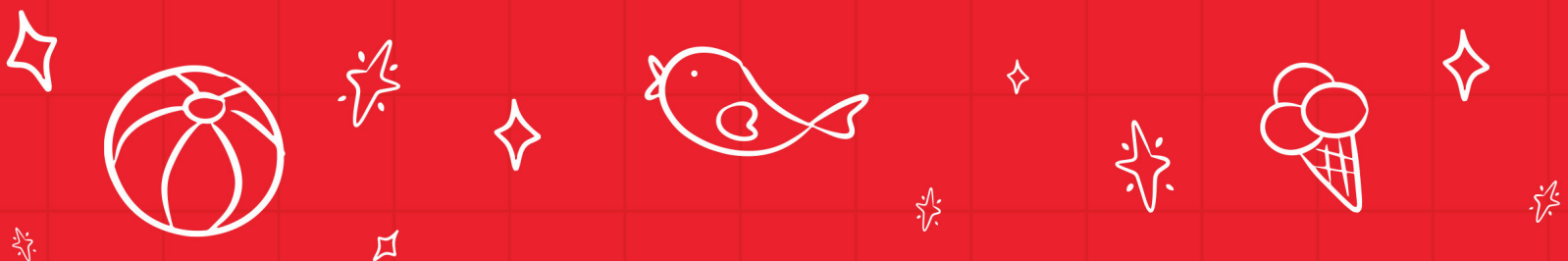
## Foreword

This book is dedicated to every child who was told they are not good enough! Elyse believes that she can do anything she puts her mind to. She chose the cover photo because it shows her determination. She wanted to climb the tree, but couldn't at first. She kept trying, again and again, not giving up until she completed the task.

Elyse wanted to share some of her own art work, her pictures are captured on the first and Last pages of the book.

The message of the book was written by Elyse. We tried to preserve the essence of her thoughts because she wanted the book to be 'for seven-year olds written by a seven year old'. She said she did not want the book to be written by a grown up because seven year olds may not understand the words. Even though she wrote the book for children, the message is for everyone.

By Elyse's Mom, Uso Sayers





**Always believe in yourself!**  
**You are unique and have a great purpose in life!**







**You can do anything you put your mind to.  
Do not let fear stop you from achieving great things.**





**You are a leader! You can change the world.**

