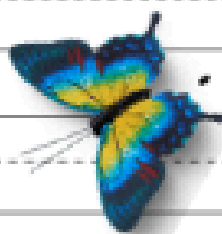


CURSIVE HANDWRITING

WORKBOOK OF AFFIRMATIONS

FOR YOUNG PEOPLE

*A Comprehensive & Colorful
Writing Practice Book*



THIS BOOK BELONGS TO

A Note from the Author

Dear Parent, Teacher, or Mentor,

This workbook was created with one simple but powerful idea in mind:

words and thoughts shape our experiences.

When children write affirmations in their own hand, they don't just practice cursive — they practice ***courage, confidence, and creativity.***

Every page in this book is designed to help young people see themselves as ***capable, resilient, and worthy.*** From affirmations to journaling prompts, from alphabet practice to fun skill-building exercises, it's more than handwriting.

It's a way to ***nurture both the mind and the heart.***

I'm honored to share a few sample pages with you here.

I hope that they ***spark meaningful moments of growth, conversation, and encouragement with your child.***

If you love these pages, you'll find so much more inside **the full 125-page workbook.** ➡



Here's to raising a generation who not only write beautifully,
but also believe deeply in themselves.

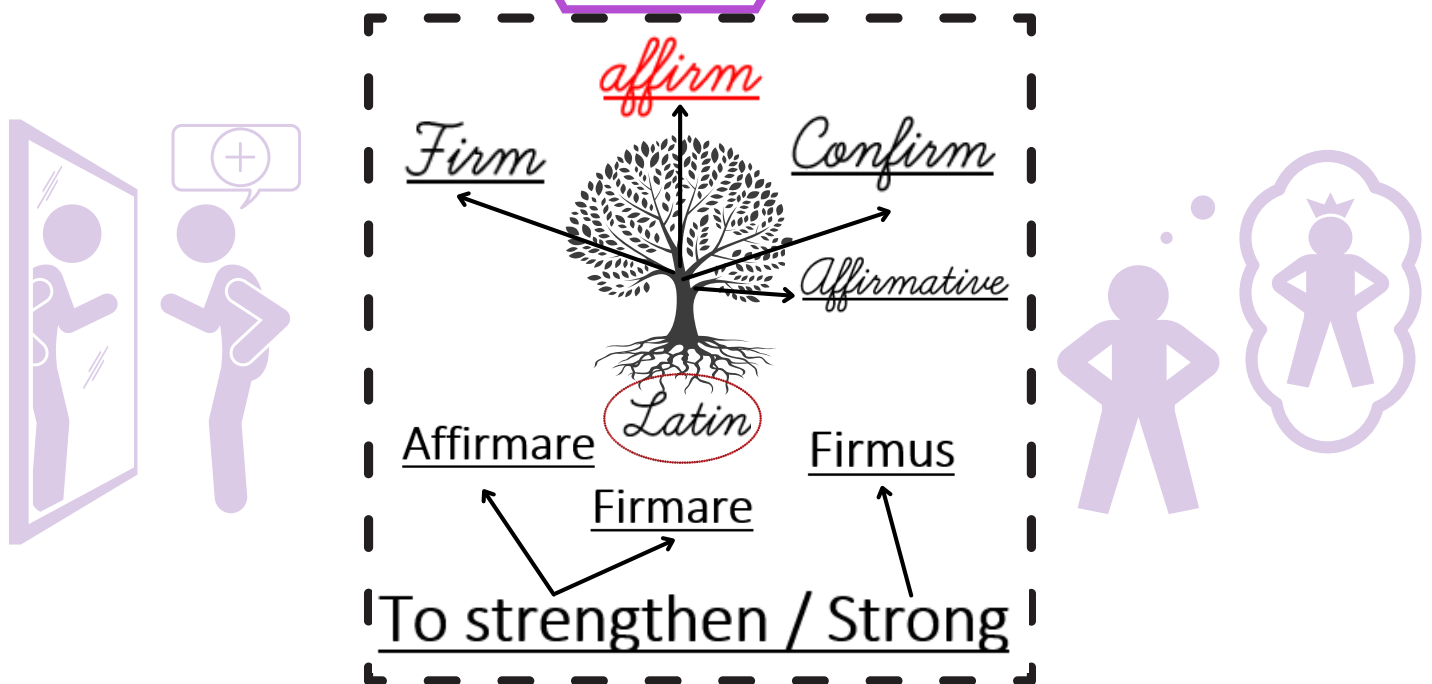
With gratitude,
LaToya Germaine
Author & Founder, Germane Learning Books



What are affirmations?

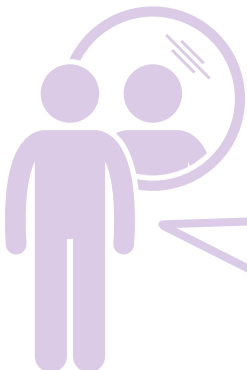
When you affirm something, you positively declare it to be true.

announce
state



An affirmation is a strong positive statement.

Personal affirmations are declarations a person makes about and to him / herself, like:



I am intelligent!

By connecting letters, we can write quickly, saving time when taking notes, writing stories, making lists, or journaling thoughts. Before we start practicing words, *let's practice the flow of each letter.*



A A A A A A A A A

a a a a a a a a a a a

Aa Aa Aa Aa Aa Aa Aa Aa

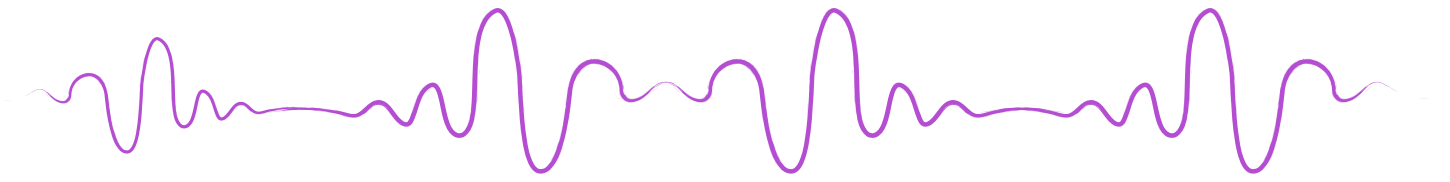
Aa Aa Aa Aa Aa Aa Aa Aa

B B B B B B B B B

b b b b b b b b b b b

Bb Bb Bb Bb Bb Bb Bb Bb

Bb Bb Bb Bb Bb Bb Bb Bb



U U U U U U U

u u u u u u u

UuUuUuUuUuUu

V V V V V V V

v v v v v v v

VuVuVuVuVuVu


W W W W W

w w w w w w

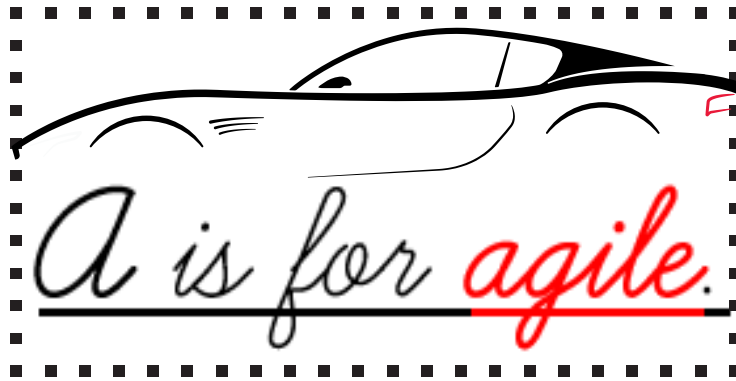
WuWuWuWuWu

Let's learn some words!

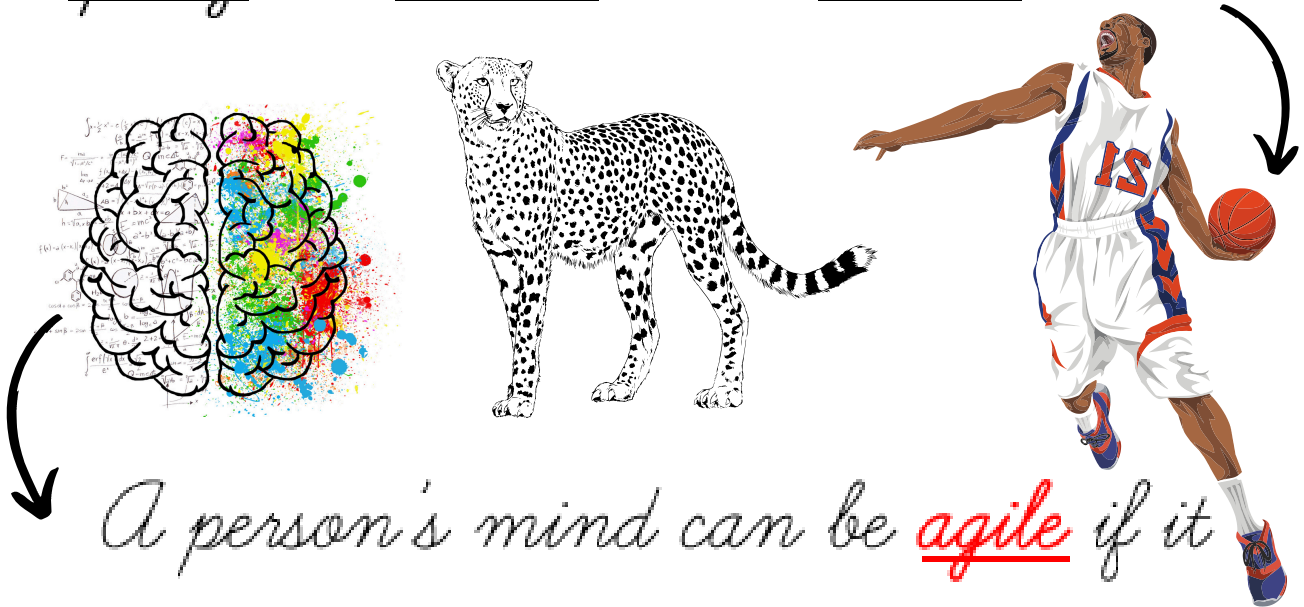
We'll explore these adjectives, or descriptive words, before writing affirmations using them



Agile	Nurturing
Brilliant	Optimistic
Composed	Precious
Disciplined	Qualified
Evolving	Resourceful
Faceted	Supportive
Grateful	Tactful
Honorable	Understanding
Intuitive	Valiant
Joyful	Wealthy
Kindhearted	Xenial
Learning	Youthful
Majestic	Zestful



You can describe something (or someone) as agile if it moves quickly and easily like a sporty car, athletic cat, or smooth athlete.



A person's mind can be agile if it processes ideas and information with speed, sharpness, and simple logic.

Agility

is the ability to be quick & graceful.

Think and Write!

Complete these sentences using your own words so that they make sense. Punctuate!

Agile means _____

Physical agility _____

Mental agility _____

I am agile because _____

I can show my agility by _____

I am agile— quick and graceful.

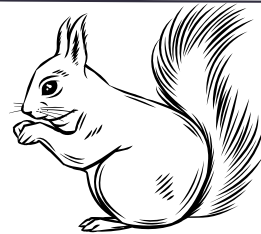
I am agile—

Like
a fox



quick and graceful.

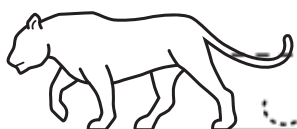
I am agile—



quick and graceful.

I am

Finish these
sentences on
your own now.



I am

!

I am agile— quick and graceful.

I am agile— quick and graceful.

I am agile— quick and graceful.

I am agile— quick and graceful.

I am agile— quick and graceful.

I am agile—

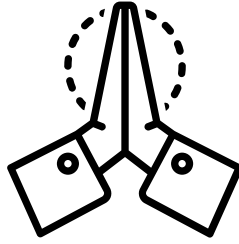
I am agile—

I am agile—

I am agile—

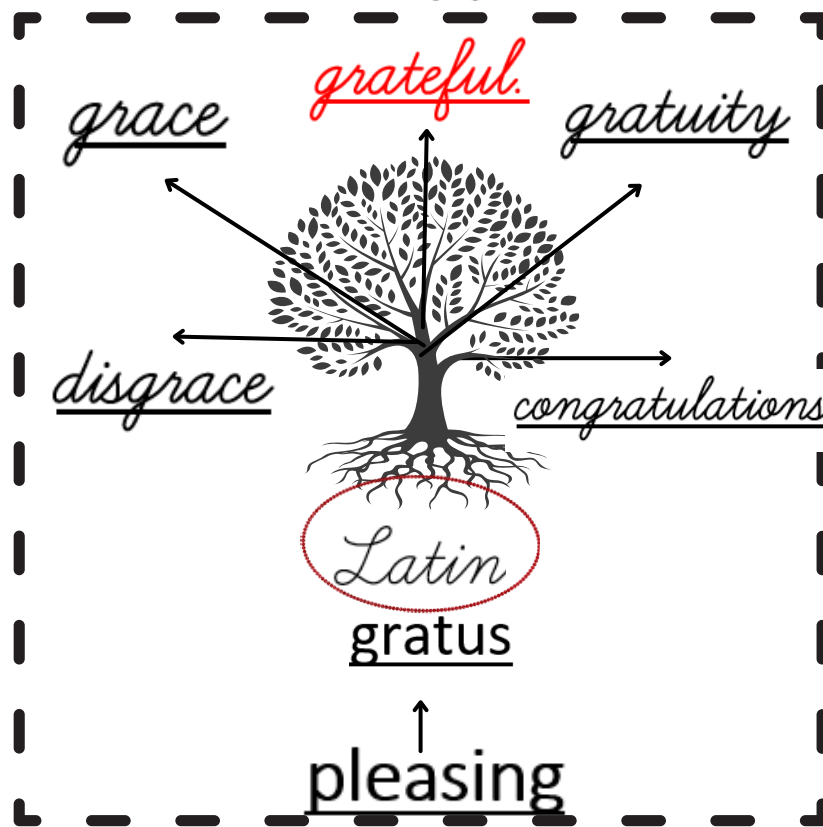
I am

I am



G is for grateful.

Someone who is grateful feels
and shows appreciation.



Gratitude means
appreciation & thankfulness.



Think and Write!



Complete these sentences using your own words. Try writing in cursive. Punctuate!

Grateful means _____

One physical thing I'm grateful for is _____

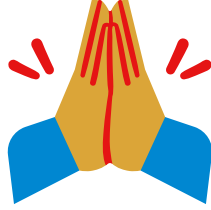
One non-physical thing I'm grateful for is _____

I am grateful because _____

I can show my gratitude by _____

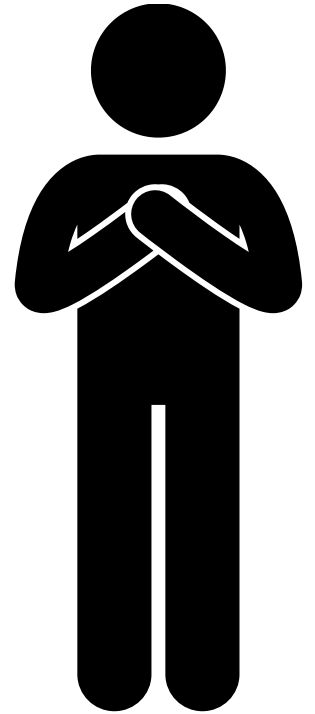
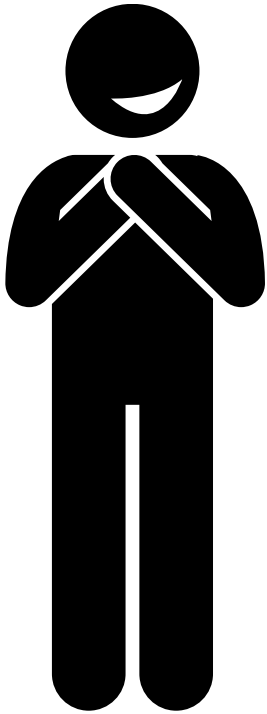
I am *grateful*; I show appreciation.

I am grateful; I show appreciation.



I am *grateful*; I show appreciation.

I am grateful; I show appreciation.



I am *grateful*; I show appreciation.

I am grateful; I show appreciation.

I am **grateful**; I show appreciation.

I am grateful; I show appreciation.

I am grateful; I show appreciation.

I am grateful; I show appreciation.

I am grateful; I show appreciation.

I am grateful; I show appreciation.

I am grateful; I show appreciation.

I am grateful;

I am grateful;

I am grateful;

Think and Write!

Complete these sentences logically. Write in cursive.

Joyful means _____

I'm joyful because _____

One physical activity that brings me joy is _____

One mental activity that brings me joy is _____

I show my joyfulness by _____

Did you
punctuate?

Keep the Confidence Growing!

You've just experienced a small sample of what's inside the
Cursive Handwriting Workbook of Affirmations for Young People.

The full workbook includes:

- ✓ 125 colorful pages of practice and inspiration
- ✓ 26 powerful affirmations (A to Z) to shape confidence and character
- ✓ Journaling prompts that spark meaningful conversations
- ✓ Cursive handwriting practice that builds skills and self-belief

Give your child (or student) the gift of handwriting that lasts a lifetime —
and affirmations that will carry them through every season of life.

**Buy the full
workbook on Amazon!**



With gratitude,

LaToya Germaine

Author & Founder, Germane Learning Books

