

# It Feels Good To Be Me! Parent Guide

## Book Summaries:

*It Feels Good To Be Me!* is a story about a girl who knows that she is empowered to create a happy life for herself by paying attention to her thoughts and feelings.

*There Is Magic In Me!* is a story about a boy who knows that he is a creator and that he can make all his dreams come true when he lets the magic flow from his heart.

## Concepts:

The following concepts are introduced:

- You are a creator.
- Your natural state of being is to feel good.
- Your thoughts and feelings create what happens in your life.
- Your heart is your navigator.
- You have the ability to make choices.
- You are not your emotions. They do not define you.
- You are empowered to create the life you desire.
- You have the ability to manifest your dreams into reality by applying the magical process of “think it, feel it, see it, do it!”

## Concepts Applied:

A creator is who you are.

This is the main concept and the other concepts naturally flow from this understanding.

When you are solid in this knowing, your life will change in magical ways.

**Think** about your life. What are the thoughts you tell yourself about who you are? About your relationships? Your job? How does it make you **feel**?

Thoughts and feelings work together to create the life you are living now.



*When you think, “Wow, I am a problem solver. When I have a problem I can rely on myself to figure out a solution. That makes me feel good.”*  
And life reflects this goodness back to you.

*When you think, “Why does this always happen to me? I can never do anything right. I feel awful all the time.”*  
And life reflects this awfulness back to you.

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A creator knows that both reflections are a result of his or her thoughts and feelings.

A creator knows that he or she  
ALWAYS HAS A CHOICE.

## How You Can Help:

Help your children recognize that they are creators, that they have the ability to choose happy thoughts and feelings, and bring into their life all the magic and wonder that resides in their heart.

## Teach Them To Pay Attention!

Feelings are sometimes the first sign of paying attention. All of a sudden, an overwhelming feeling comes up and at times, it feels unable to bear. Children express intense emotions through crying. Allow them to cry even though it is hard to witness. Let them feel it rather than bottling it up. Crying is a good release and important for allowing the emotion to pass.

*If they can, encourage them to identify the feeling.* To say, “I am sad or I am angry.” is not an accurate reflection of who you are. Rather, “I feel sad or I feel angry” is a better description. Sadness and anger are emotions that do not define who you are. They are feelings that are temporary. Give your child permission to feel them assuring them that they will pass.

*If you can, try to help them identify the thought that brought them to that feeling.* Help them see how the path of their thought brought about the discomforting feeling. Help them see they are empowered to choose a different, more positive thought that will help them shift to a better feeling. Feelings do not jump from sadness to elation instantaneously. It takes time to process. Your goal is to always work on improving the feeling by helping them choose happier thoughts.

## Teach Them About Their Heart’s Dreams!

In our book, *There Is Magic In Me*, we show that when you follow the magic in your heart, you experience a life filled with your greatest joys.

A creator knows that everything is possible!

A creator knows he or she can manifest his or her dreams into reality by applying the magical process of  
“Think it! Feel it! See it! Do it!”

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A creator needs to create! Any thought can be created when you allow yourself to feel into the magic and wonder of bringing it to life. It's like the sculptor when he looks at a slab of marble. He feels into the wonder and magic in his heart and thinks of an idea, he feels into it and sees it in his imagination. Then, he picks up his chisel and begins sculpting his creation to the unveiling of his masterpiece.

*Open up a dialogue with your children about what might be one or two things they would like to see in their life.*

Maybe it's learning to read a book without assistance or learning to ride a bike. Take your children through the magical process of ***think it, feel it, see it and do it!*** Encourage them to follow the dream in their heart and see it come to life.

If you are interested in finding out more, go to our Contact Us page at [itfeelsgoodtobeme.com](http://itfeelsgoodtobeme.com) or email Anne directly at [anne@itfeelsgoodtobeme.com](mailto:anne@itfeelsgoodtobeme.com).