

be.
unique,
be
YOU

PART I

Imagine if a rainbow had only one colour. Or if everyone walked, talked, and dressed the same. The world would be a pretty boring place, wouldn't it? When you appreciate your uniqueness and that of others, you become more loving toward yourself and the world.

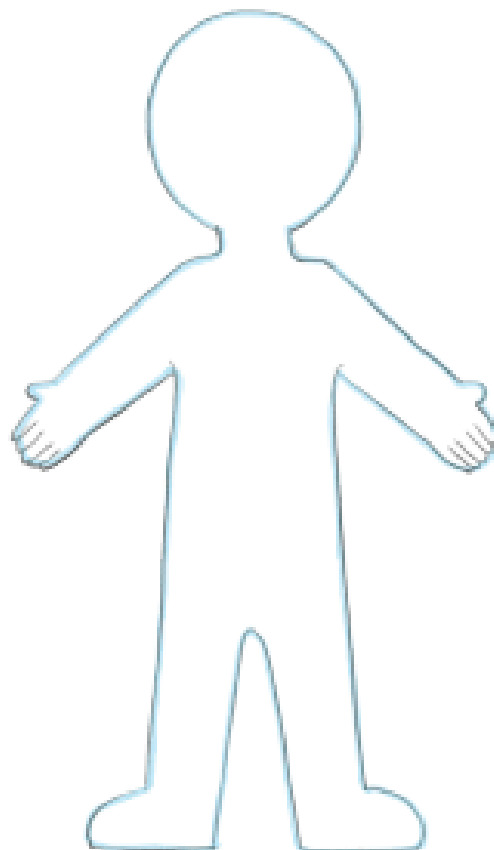


Ask your JOURNAL BUDDY to name one unique thing about them.

NOW IT'S YOUR TURN!

What is one unique thing about you?

Draw yourself below wearing a fun and unique outfit.





Be
YOURSELF.
EVERYONE
ELSE IS ALREADY
TAKEN.





A World Adventurer

Kira Salak had always known she was different. When she was six years old, she loved spending time in her imaginary world, writing stories by herself.

Kira's parents sent her to boarding school in Wisconsin, USA, where she quickly excelled at sports. To some people, this could have meant a career in professional athletics, but not to Kira. She was good at athletics. However, being an athlete wasn't her dream.

By the time Kira was in her late teens, she knew she wanted to become an explorer and write about her adventures. So instead of continuing her sports training program, she began travelling the world!

Kira travelled to the giant tribal island of Papua New Guinea — a place where 800 different languages are spoken. Despite many dangers, such as tropical snakes and poisonous bugs, Kira managed to cross Papua New Guinea, all by herself. She became the first American woman ever to achieve this feat.

Just like when she was six years old, Kira wrote about her experiences. The book she wrote launched her dream career as a writer, and her appetite for adventure continued to grow.

Kira's most ambitious trip took her back to Africa. This time, she decided to travel by kayak! Her goal was to kayak the entire Niger River — 600 miles, through five different countries, passing through jungles, deserts, and encountering countless deadly animals.





It was such a dangerous journey that no person had ever been recorded doing it before. However, Kira had always lived her life by one important rule: just because something has never been done before doesn't mean it can't be done!

As she kayaked in the searing heat each day, the women from the villages would come to clap and cheer her on. They shouted, "Femme forte!" which in French means "Strong woman!"

But not all journeys are through water, jungles, or deserts. Some journeys take place inside of us. When Kira was 34, tragedy struck, and her brother passed away.

Kira dealt with this in her unique way. She went to her basement and started to write, as she had always done. After one year of tireless writing, Kira emerged with her first novel.

No matter what the world expected from Kira, she would always do things her own way.

Kira's adventurous spirit is what's unique about her. She has travelled the world, learned new languages, and met hundreds of people.

To this day, Kira loves to overcome new challenges and move fearlessly forward!





You can be an adventurer too!

Where would you go? It could be a place you've never been or an imaginary place. Describe and draw it below.

