

# Introduction

## Your Character Journey

*Welcome to AniMottos, a place where you'll learn more about who you are, what you believe, and the values that help you shine.*

**Over the next several weeks, you'll explore 14 core character values through:**

- Stories
- Creative activities
- Reflection pages
- Simple challenges
- Animal inspirations
- Weekly mottos

This workbook is your space — a place to draw, write, imagine, and discover.

## What Is AniMottos?

AniMottos is a character journey that helps you:

- Learn important values
- Practice them in small, everyday ways
- Discover your strengths
- Express who you are with confidence

Each value is connected to an AniMottos Animal, and each animal has a motto that helps you remember what that value looks like in real life.