

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.