**Great Dad instilling Packing Light**

This is so beautiful, and SO powerful. You can tell this little girl has said this often as she knows it by rote. What an incredible gift of self-belief and self-esteem he is giving her. It’s the daily repetition that is so powerful, doing out loud AND looking in the mirror.

Here is the link: <https://www.facebook.com/watch/?v=10154495016601194>

Here is the transcript below. Tailor it to suit you / your family / your beliefs.

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Look at yourself, look in your eyes

You gotta see it okay

You gotta feel it

You ready for school?

Is it gonna be a good day?

A really good day.

You gonna be positive?

Say “I am strong”

Say “I am smart”

“I work hard”

“I am beautiful”

“I am respectful”

I'm not better than anyone.

Nobody's better than me.

I am amazing.

I am great.

What’s your name?

If you fall

I get back up

What are you? Blessed

Say thank you God for making me the greatest

There's nobody better than me

Alright gimme five

Gimme a kiss

Let’s go!