

Girl Changing the World

Bonus Workbook

Step 1. Watch the Video

Step 2: Fill out this workbook

Tune in to your Feelings

Take a minute to think about some of the feelings that you've had over the last 24 hours. What were some of those feelings?

Some examples might be things like:

- * I felt really proud of myself when I turned in my project
- * I felt disappointed when I got my quiz back
- * I felt embarrassed when some of the girls were looking at me when I walked in late for class
- * I felt angry when my little brother teased me at breakfast
- * I felt happy when my friend complimented my hair today.

1. _____

2. _____

3. _____

4. _____

5. _____

Thoughts Create Feelings

Now think back to what was happening during those times. What thoughts were you having when you had those feelings? What story were you telling yourself in those moments? For each feeling you listed above, write down the thoughts that you had that created the feelings:

Feeling	Thought/Story you Told Yourself

Were any of the feelings you had negative? If so, did you notice that the story you told yourself was negative as well? Thoughts create feelings.

Take a moment to think about this. Your feelings come from your thoughts.

Now consider this - your mind can play games with you.

Even if you're a happy person, it's normal for your mind to think negative things sometimes, even if they're not true!

Interrupt Your Mind

Now it gets good, when you find yourself thinking negative thoughts, make a quick interrupt and replace the negative with a positive thought.

When you interrupt your mind, ask yourself if it's possible another story could be true.

The answer is almost always – YES!

Here's an example:

Negative thought = _____

Positive thought = _____

So let's do it! Write 5 new thoughts and keep them positive.

1. _____
2. _____
3. _____
4. _____
5. _____

This may feel a bit tricky at first, or it might be really easy. Either way, don't judge yourself, just write.

