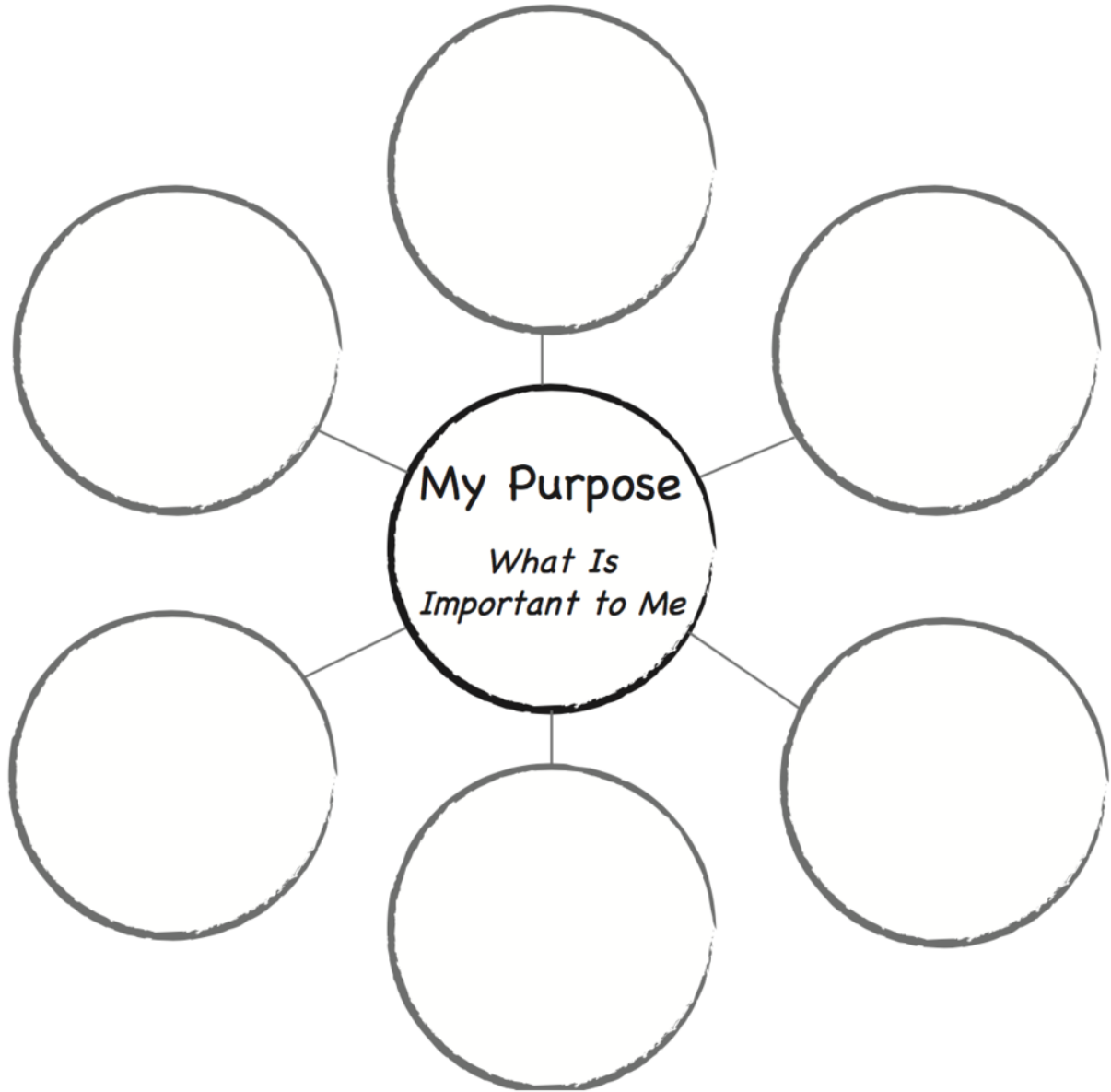


Day 11 – COMPLETE THE BUBBLES

The Stress Reduction Workbook for Teens

Learning Who You Are



5 THINGS

we all need more of in our lives

1

PERMISSION TO MAKE MISTAKES

Mistakes are an essential part of life. There's no way getting around them; the only way is through.

2

A TRIBE THAT UNDERSTANDS YOU

We are the result of the five people we spend the most time with. Our vibe attracts our tribe.

3

TIME TO UNPLUG + BE PRESENT

When you're constantly consuming other people's thoughts, you leave no room for your own creativity.

4

COURAGEOUS CREATIVITY

Living an authentic life includes stepping out of your comfort zone and following your own intuition.

5

AWARENESS AND SELF-LOVE

Who you are right now and right here is enough, and you are worthy of your own love and acceptance.

Name: _____

Date: _____

POSITIVE THOUGHTS & AFFIRMATIONS

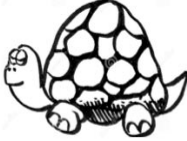


1. There is no one better to be than myself.
2. I am enough.
3. I get better every single day.
4. I am an amazing person.
5. All of my problems have solutions.
6. Today I am a leader.
7. I forgive myself for my mistakes.
8. My challenges help me grow.
9. I am perfect just the way I am.
10. My mistakes help me learn and grow.
11. Today is going to be a great day.
12. I have courage and confidence.
13. I can control my own happiness.
14. I have people who love and respect me.
15. I stand up for what I believe in.
16. I believe in my goals and dreams.
17. It's okay not to know everything.
18. Today I choose to think positive.
19. I can get through anything.
20. I can do anything I put my mind to.
21. I give myself permission to make choices.
22. I can do better next time.
23. I have everything I need right now.
24. I am capable of so much.
25. Everything will be okay.
26. I believe in myself.
27. I am proud of myself.
28. I deserve to be happy.
29. I am free to make my own choices.
30. I deserve to be loved.
31. I can make a difference.
32. Today I choose to be confident.
33. I am in charge of my life.
34. I have the power to make my dreams true.
35. I believe in myself and my abilities.
36. Good things are going to come to me.
37. I matter.
38. My confidence grows when I step outside of my comfort zone.
39. My positive thoughts create positive feelings.
40. Today I will walk through my fears.
41. I am open and ready to learn.
42. Every day is a fresh start.
43. If I fall, I will get back up again.
44. I am whole.
45. I only compare myself to myself.
46. I can do anything.
47. It is enough to do my best.
48. I can be anything I want to be.
49. I accept who I am.
50. Today is going to be an awesome



Learning About Communication

.... Are you like a Turtle, a Tiger or an Owl?

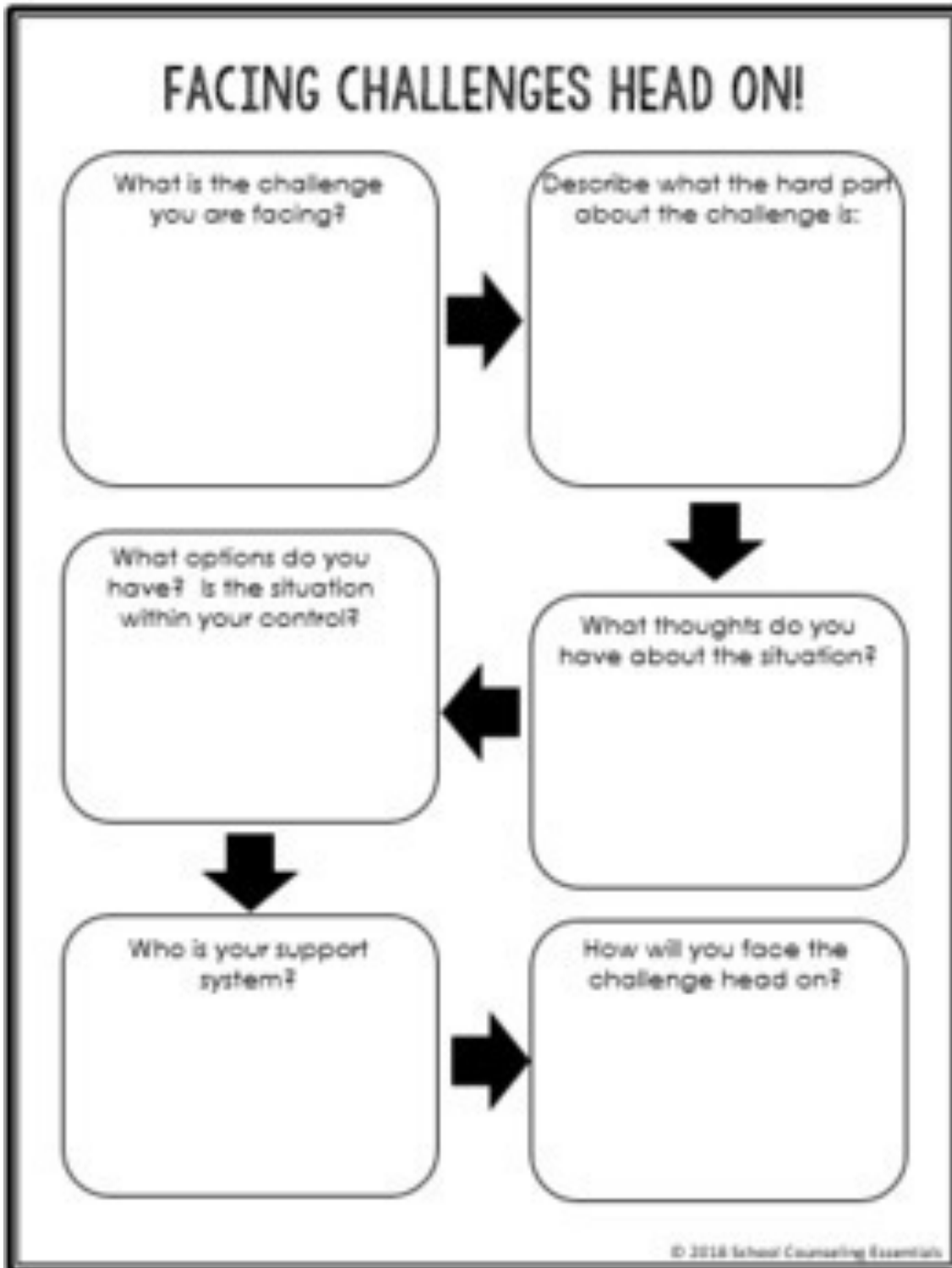
Judith Belmont, MS, www.belmontwellness.com

Non-Assertive	Aggressive	Assertive
<p>Non-Assertive Behavior is: Being like a Turtle</p> 	<p>Aggressive Behavior is: Being like a Tiger</p> 	<p>Assertive Behavior is: Being like an Owl</p> 
<p>HIDES, AVOIDS, FEARFUL OF THE REJECTION OR THE ANGER OF OTHERS</p>	<p>RUDE, BOSSY AND CONTROLLING OF OTHERS</p>	<p>WISE, CALM AND COLLECTED, MORE OBSERVANT THAN REACTIVE</p>
<p>GOAL: TO PLAY IT SAFE AND BE "LIKED"</p>	<p>GOAL: TO BE RIGHT AND PROVE IT!</p>	<p>GOAL: TO EXPRESS YOURSELF HONESTLY AND KINDLY</p>
<p>FEARFUL OF BEING YELLED AT OR OF OTHERS USING PHYSICAL FORCE</p>	<p>USES VERBAL AND EVEN PHYSICAL FORCE</p>	<p>REFRAINS FROM VERBAL OR PHYSICAL FORCE</p>
<p>KEEPS THINGS IN TO AVOID MAKING MISTAKES OR GETTING "INTO TROUBLE"</p>	<p>USES "YOU" STATEMENTS</p>	<p>USES "I" STATEMENTS</p>
<p>VERY SENSITIVE TO DISAPPROVAL AND REJECTION</p>	<p>INSENSITIVE TO OTHERS</p>	<p>SENSITIVE AND CARING TO BOTH SELF AND OTHERS</p>
<p>DISRESPECTFUL TO ONESELF</p>	<p>DISRESPECTFUL TO OTHERS</p>	<p>RESPECTFUL TO SELF AND OTHERS</p>
<p>ALLOWS PERSONAL RIGHTS TO BE VIOLATED</p>	<p>VIOLATES RIGHTS OF OTHERS</p>	<p>BALANCES PERSONAL RIGHTS WITH RESPONSIBILITIES TO OTHERS</p>
<p>ACCEPTS OTHERS MORE THAN THEMSELVES</p>	<p>IS JUDGMENTAL OF OTHERS</p>	<p>ACCEPTING OF SELF AND OTHERS</p>
<p>KEEPS FEELINGS IN</p>	<p>FREE TO EXPRESS ANGRY FEELINGS</p>	<p>EXPRESSES FEELINGS TACTFULLY</p>
<p>IS FEARFUL OF BEING "WRONG" OR SEEMING "STUPID"</p>	<p>NEEDS TO BE "RIGHT"</p>	<p>IS MORE CONCERNED WITH BEING KIND THAN RIGHT</p>
<p>IMMATURE, DISHONEST AND INDIRECT</p>	<p>SHOWS IMMaturity BY BLUNT HONESTY WITHOUT REGARD FOR OTHERS</p>	<p>MATURE, TACTFULLY DIRECT, OPEN AND HONEST</p>
<p>OFTEN FEELS ANXIOUS, SAD, ISOLATED AND MISUNDERSTOOD</p>	<p>FEELS SUPERIOR, EASILY GETS ANGRY, HIDING THE INSECURITY INSIDE</p>	<p>FEELS SECURE, CONFIDENT AND LOVING</p>

POSITIVE SELF-TALK JOURNAL



I felt good when...	I am proud of myself because...	Something that went well today was...
I had fun when...	This makes me unique...	I learned from this mistake...
I feel strong when...	The best part of today was...	A good quality I am learning is...
This was interesting today...	Something I am grateful for is...	A way I was kind today was...
An accomplishment I made this week was...	I like this about myself...	Something I love about my life is...



Day 17 – HMMMMM WHICH ARE THE WORST FOR YOU AND THINK ABOUT HOW YOU RESPOND

What Pushes Your Buttons?

	<input type="checkbox"/> Being Told No	<input type="checkbox"/> Being Ignored
	<input type="checkbox"/> Waiting Awhile	<input type="checkbox"/> A Misunderstanding
	<input type="checkbox"/> Hunger	<input type="checkbox"/> Being Disrespected
	<input type="checkbox"/> Cheating	<input type="checkbox"/> Being Bumped Into
	<input type="checkbox"/> Being Touched	<input type="checkbox"/> Loud Noises
	<input type="checkbox"/> Too Much To Do	<input type="checkbox"/> Losing a Game
	<input type="checkbox"/> Rumors or Gossip	<input type="checkbox"/> An Accident
	<input type="checkbox"/> Hurt or Pain	<input type="checkbox"/> Being Left Out
	<input type="checkbox"/> Being Scared	<input type="checkbox"/> Being Bullied
	<input type="checkbox"/> Bad News	<input type="checkbox"/> An Interruption
	<input type="checkbox"/> Unfair Treatment	<input type="checkbox"/> Things Do Not Go As Planned
	<input type="checkbox"/> Test and Grades	<input type="checkbox"/> Things Are Not Fair
	<input type="checkbox"/> Being Late	<input type="checkbox"/> Not Understanding What To Do
	<input type="checkbox"/> Being Criticized	<input type="checkbox"/> Being Told What To Do
	<input type="checkbox"/> Being Tired	

I AM!

Use this worksheet to identify positive traits about yourself! Are you brave? Are you caring? Are you intelligent? Fill it in below, and then write down how you know that you have these positive qualities!

I am 

I know this because...

I am 

I know this because...

I am 

I know this because...

I am 

I know this because...



Mirror Me

What do you see when you look in the mirror?



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Name _____

What I Love About...

My family:

My friends:

Myself:

My school:

Today:

Made by The Inspired Educator 