

# Rewrite your story

Notice "stories" you tell yourself to shrink yourself down...limitations you put on yourself. This may sound like "I can't, not me, I wish, if only, this always happens, etc,

Write down your current "story" including any doubts, or negative talk that goes through your mind. Write this story down, noticing what may not be true and when you are done either shred it with a paper shredder, cut or tear it up.

When you are finished close your eyes and consider some goals you have for yourself. Whether it is a day feeling calm and happy at school or slaying your gymnastics routine, visualize yourself achieving these goals using all of your senses and emotions. Rewrite your new story, in full detail! Be sure to include any extra practice/effort you put in to achieve your goal!

If you need help with this, try a few rounds of Happy Spots to create your new TRUE story.

**SEE it, FEEL it, BELIEVE it!**

