



Getting Out by Going In

Kids Rule The GOGI Way

Ages 6-12

Free GOGI Handouts

*This is a free handout packet offered by the
volunteers at Getting Out by Going In (GOGI).*

This packet belongs to

Name: _____ ***Date:*** ____/____/____

GOGI Life Tools

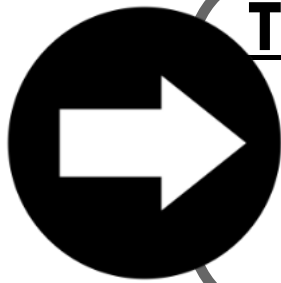


Tools of the Body

BOSS OF MY BRAIN
BELLY BREATHING
FIVE SECOND LIGHTSWITCH

Tools of Choice

POSITIVE THOUGHTS
POSITIVE WORDS
POSITIVE ACTIONS



Tools of Moving Forward

CLAIM RESPONSIBILITY
LET GO
FOR-GIVE

Tools of Creation

WHAT IF
REALITY CHECK
ULTIMATE FREEDOM



BOSS OF MY BRAIN

Key Words

The Three Parts – There are three parts of your brain you can control: **The Smart Part, the Emotional Part, and the Old Habit Part.**

To use BOSS OF MY BRAIN, ask, “**Which part is in charge right now?**”

What is B.O.M.B.?

B.O.M.B. is a fun way to remember BOSS OF MY BRAIN. When things seem out of control or confusing, remind yourself, “I am the B.O.M.B.” Only you are the Boss of your Brain. All you need to know is that your brain has a Smart Part, an Emotional Part, and an Old Habit Part. You get to choose which part is in charge. At any time, ask yourself, “Which part is in charge right now?” If you want a different part to be in charge, you have the power to make that switch.

Tool Basics

To use B.O.M.B, think about the three parts of the brain have control over:

- 1) The Smart Part** – Put your hand on your forehead. This part of your brain under your hand is responsible for making choices, learning new things, and helping you make positive and smart decisions.
- 2) The Emotional Part** – At the center of your brain is the Emotional Part. This is where you create emotions. When you use this Tool, you become aware of your emotions. Then, you can decide if you want your emotions to be in control.
- 3) The Old Habit Part** – Above your neck, on the back of your head is the Old Habit Part of your brain. When you use B.O.M.B., you choose if you want your old habits to be in control or not. Some old habits may be good habits, like brushing your teeth or being kind to others. But, some old habits may be seen as bad habits that do not create positive outcomes. You get to choose when you let your old habits be in charge.

Reminder

The first step to mastering this Tool is knowing that only you are in charge of your brain. Once you know this is true, anything is possible. No one can make you act on anger, only you can let your Emotional Part be in control. No matter where you are or what is going on around you, you have the power to think about whatever you want.

Question

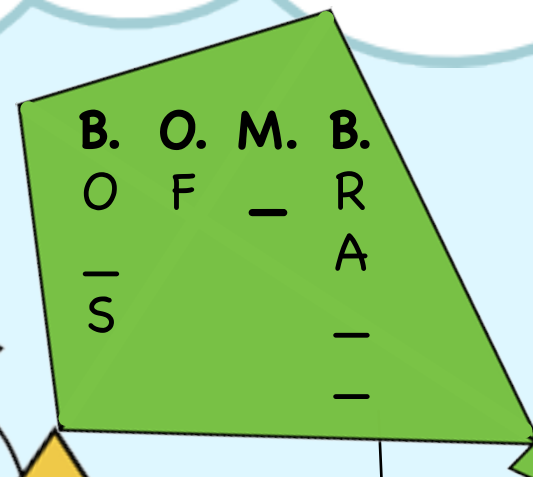
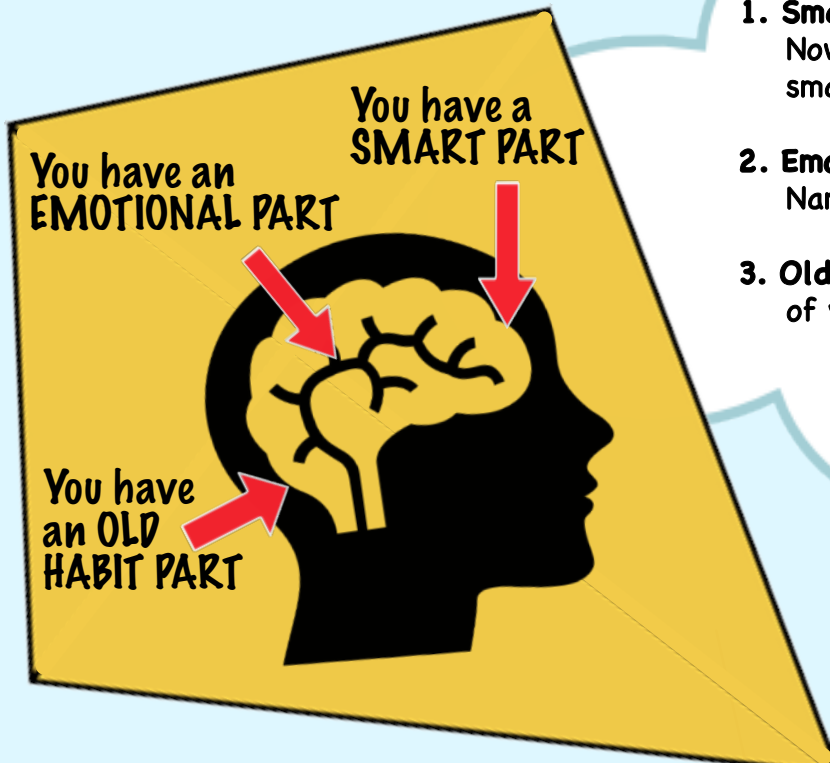
What can you do today to be a good Boss of your Brain?

BOSS OF MY BRAIN

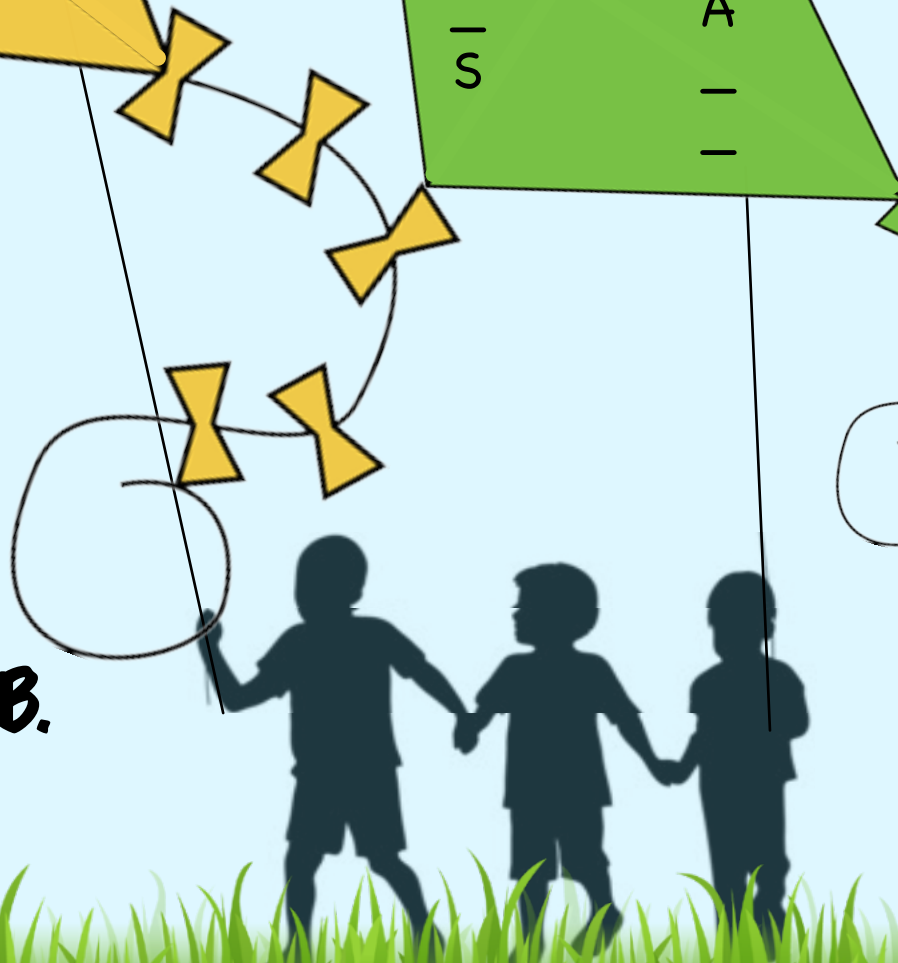
Here Is Something
Fun to Do!

1. **Smart Part-** Put your hand on your forehead. Now, name a time you did something really smart.
2. **Emotional Part-** Put your hands on your ears. Name a time when you have been mad or sad.
3. **Old Habit Part -** Put your hand on the back of your head. Name an old habit you don't like.

That's **BOSS OF MY BRAIN!**



You get to choose
which part is in charge!
You are the B.O.M.B.



BELLY BREATHING

Tool Key Words

One Hand On My Belly.

One Hand On My Chest.

Which One is Moving?

My brain works best when my belly moves as I breathe.

What is BELLY BREATHING?

Place one hand on your belly and the other on your chest. Breathe normally. Now, pay attention to which hand moves the most. Is your chest or belly moving more? Your brain works best when your belly moves in and out with every breath.

Get to Know Your Tool Activity

Get up and run around or jump in place for 15 seconds. Stop and place one hand on your belly and one hand on your chest. Which one is moving in and out more?

Tool Basics

One Hand On My Belly - Placing your hand on your belly can remind you to breathe deeply, slow down, and think clearly.

One Hand On My Chest - When we are upset or angry, our breathing stays in the chest. Putting one hand on your chest helps you identify if you are chest breathing. This will remind you to use BELLY BREATHING.

Which One Is Moving? - When you slow down and notice your breathing, you take control and can make a positive choice.

Reminder

Your brain needs oxygen to work properly. When you breathe, oxygen flows to your body and brain through your bloodstream. Oxygen allows your brain to work its best. Having a clear mind is essential to making positive decisions and staying focused. When you BELLY BREATHE, you have more control over your body and brain.

Question

How can you use BELLY BREATHING when you are angry or sad?

BELLY BREATHING



Breathe in / Breathe out

Imagine your belly is a balloon. Now, as you breathe, fill up that balloon. Imagine the air going all the way to your toes, fingers, and head. Your whole body is like a balloon.

Put one hand on your belly.
Put one hand on your chest.
Which hand is moving?



You will make smarter choices when your belly moves as you breathe.

One Hand On My Belly, One Hand On My Chest Which one is moving?

Fill in the blank: B E _ _ L _ _ BREATHING



Art by Coach Keith



Here Is Something Fun To Do!

Lay down and put one hand on your chest and one hand on your belly. Relax and soon your belly will start moving.

That's **BELLY BREATHING**.

FIVE SECOND LIGHTSWITCH

Tool Key Words

Old Thought → New Action

Flip My Switch

I have an Old Thought and a New Action. Within 5 seconds, I Flip My Switch and do my New Action.

What is the Tool FIVE SECOND LIGHTSWITCH?

You can control your thoughts with your Tool FIVE SECOND LIGHTSWITCH. It is simple. Notice a negative thought, count to five, and choose a positive action.

Get to Know Your Tool Activity

Hold out your right hand and touch each finger. For each finger, state one good reason to make positive choices.

Tool Basics

- **Your Five** - Pick out five reasons you want to be positive and kind. When a negative Old Thought tries to take over, look at your fingers and name the five good reasons to get to your New Action.
- **Old Thought** - Take note of things that upset you. When you know your Old Thoughts about this thing, you will be ready to Flip The Switch when you get upset.
- **New Action** - Identify a productive New Action. For example: BELLY BREATHING can be a New Action. Stepping away from an angry situation can be a New Action. Drinking a glass of water can be a New Action.
- **Flip Your Switch** - When an Old Thought creeps into your mind, within five seconds, Flip your Switch and get to your New Action.

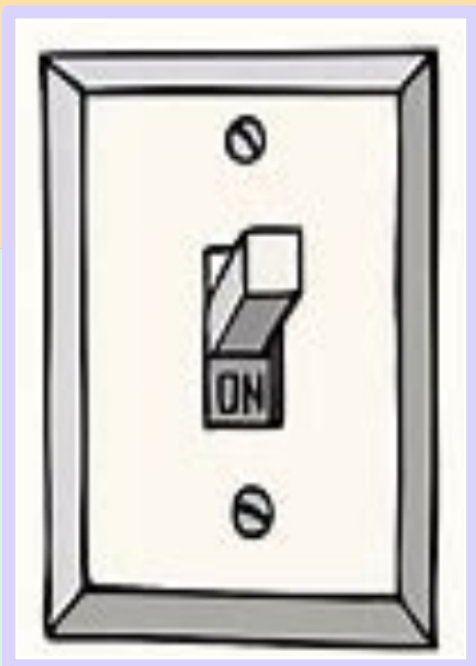
Reminder

FIVE SECOND LIGHTSWITCH is a great Tool to use when you seem to be unable to stop thinking about something negatively or get out of a loop of negativity. This Tool fights off negativity. Change any negative thought to a positive action with your FIVE SECOND LIGHTSWITCH Tool.

Question

What are some positive New Actions you can do? What are some Old Actions that would make you want to Flip the Switch?

FIVE SECOND LIGHTSWITCH



Flip My Switch

Within 5 seconds, I Flip my Switch and get to my New Action. I focus on something productive and proactive. This is similar to turning off a light and flipping on a different light. You are now able to see things you did not even know were there. A new path is bright and ready to be traveled.

Count My Five

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



POSITIVE THOUGHTS

Tool Key Words

The 3 P's - With every thought I ask the 3 P's.
Is it Powerful? Is it Productive? Is it Positive?

What is the Tool POSITIVE THOUGHTS?

The Tool POSITIVE THOUGHTS is to make sure you are thinking good things. Since you are the BOSS OF YOUR BRAIN, you can make sure the things you think are positive. This Tool helps you create peaceful thoughts. No matter where you are or what is going on around you, you can think any thought you wish. You can ask yourself if the thought is **Powerful**, **Productive** and **Positive**. If the thought is not any of these things, you let it go.

The Get to Know Your Tool Activity

Share a thought you have in your head, good or bad, with your group. Group members share whether they think this thought is Powerful, Productive and Positive and why. Or, draw what you think POSITIVE THOUGHTS look like.

Tool Basics

Filter each thought through the **3 P's**.

Is it Powerful? - When you know how you want to feel, you can determine if your thought powerfully creates this feeling. If it does not, choose to think something that does.

Is it Productive? - With an idea of what you want in your life, ask, "Is the thought in my mind productive to my efforts? Does my thought offer a solution to problems?"

Is it Positive? - No matter how negative things may seem, you can always find hidden positive aspects. Notice if your thoughts are positive or negative, and focus on creating even more POSITIVE THOUGHTS.

Reminder

When you are going about your days, take a moment to ask yourself, "Are my thoughts helping me stay productive and bringing out the best in me?" If you answer yes to these questions, you will likely have a day that is positive, productive, and powerful. You can think about anything you want.

Question

What are the most powerful thoughts you can think of right now?

POSITIVE THOUGHTS



Stay Positive

Is it Powerful?



Is it Productive?



Is it Positive?



I filter all of my
thoughts with
The 3 p's!



Art by Coach Keith

Here Is Something Fun To Do!

In your head, create 3 thoughts.

1. Create one Powerful thought.
2. Create one Productive thought.
3. Create one Positive thought.

If a thought does not pass the 3 P's, if it is not Powerful, Productive, nor Positive, create a new thought that is.

That is POSITIVE THOUGHTS!



POSITIVE WORDS

Tool Key Words

The 3 P's - With every word I ask the 3 P's.

Is it Powerful? Is it Productive? Is it Positive?

What is the Tool POSITIVE WORDS?

This Tool makes sure the words you say are powerful and not mean, hurtful, or negative. Ask yourself if the words you are about to say are **Powerful**, **Productive**, and **Positive**. If they are not, it is best to choose different words that pass the **3 P's**. Sometimes it may be appropriate to not say anything at all. Using the **3 P's** helps you stay positive and surround yourself with positive people.

Tool Basics

Is it Powerful? - Before you say a word, ask yourself, "Will this word powerfully move the conversation in a positive direction?" Your words either move you powerfully in the direction of your best self, or keep you further away from positive interactions.

Is it Productive? - Ask yourself if the word you have chosen is productive. Do your words provide a productively positive option?

Is it Positive? - Keep your focus on positive vocabulary.

Reminder

When it comes to your words, most are either positive or negative. If you think with POSITIVE THOUGHTS, chances are, you use POSITIVE WORDS to tell everyone around you what is going on in that wonderful brain of yours!

Ask yourself, if you have been using words that are Powerful, Productive, and Positive? If you follow the 3 P's, you are on a positive track. POSITIVE WORDS can be as easy as telling someone that you hope they have a great day, Or, reminding yourself out loud, "I am a positive person, and I am glad I am using the GOGI Tools."

Question

What are some negative words you use that you would like to replace with POSITIVE WORDS? How can you start changing your vocabulary to be more positive?

POSITIVE WORDS



Write a POSITIVE WORD
about yourself below.
I am _____.

Here Is Something Fun To Do!

Say a positive word.

Now say someone's name.

Share why you think of that
person when you say that word.

That's one way to use your
Tool POSITIVE WORDS!

Before you speak, ask
yourself, "Are the words
I am about to say
Powerful, Productive,
or **Positive?**"

You are
positive.

We are strong!

That is
amazing!

I like your
smile.

You are
important!

Great
work!

Be
Kind.

P _ S _ _ IVE

W _ _ DS

POSITIVE ACTIONS

Tool Key Words

The 3 P's - With every action I ask the 3 P's.
Is it Powerful? Is it Productive? Is it Positive?

What is the Tool POSITIVE ACTIONS?

Actions speak louder than words or thoughts. Doing things that are Powerful, Productive, and Positive demonstrate your POSITIVE THOUGHTS and POSITIVE WORDS. Before you do anything, ask yourself if it is Powerful, Productive, or Positive. When you use POSITIVE ACTIONS, you are being of service to others.

Get to Know Your Tool Activity

Choose a POSITIVE ACTION to do today. Or, share three POSITIVE ACTIONS you could do this week with your group.

Tool Basics

POSITIVE ACTIONS is more powerful when used with the little things first. They set the pattern for bigger POSITIVE ACTIONS. Bigger changes come more easily when POSITIVE ACTIONS has been practiced with the small choices.

Is it Powerful? - Before choosing to take any action or reaction, use your **3 P's**. Is the action powerfully moving you in the direction of your desires? Or, would this action set you further from your goals?

Is it Productive? - As you consider your action, consider if it is productive. Does your goal become clearer or closer with this action?

Is it Positive? - Regardless of how negative things may seem, is the action you are about to take positive?

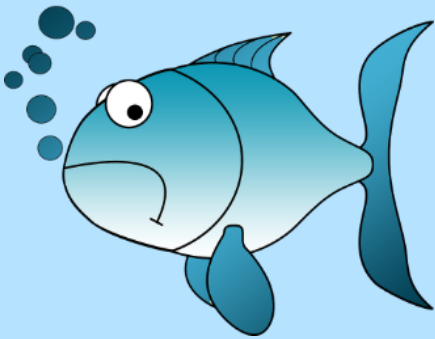
Reminder

The truth is, we can all say that we are thinking positively and share positive words, but actions show our positivity. Ask yourself if you have been doing things that meet the criteria for the **3 P's**: have they been Powerful, Productive, and Positive?

Question

How can you use POSITIVE ACTIONS to help others become more positive, too?

POSITIVE ACTIONS



Use your **3 P's**
for everything
you do!

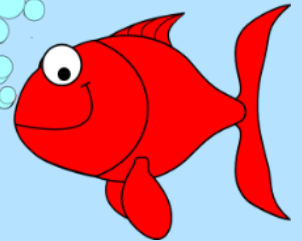


We can be his
friend and swim
with him!

Let's help
the sad fish!



That is
Powerful,
Productive,
and **Positive!**



Here Is Something Fun To Do!

Share one thing you did this week that was a
POSITIVE ACTION.

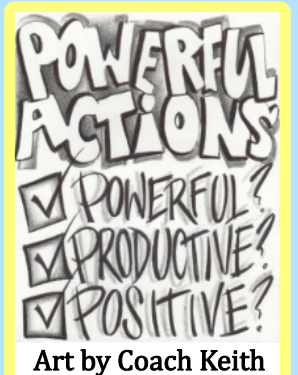
Why did you do it?

How did it make you feel?

Would you do it **again** if you could?

Name a POSITIVE ACTION you can do this week.

That is POSITIVE ACTIONS!



CLAIM RESPONSIBILITY

Tool Key Words

Am I Proud of this Choice? - My actions and reactions today are not tied to or limited by the past.

What is the Tool CLAIM RESPONSIBILITY?

Have you ever used the words, "They made me do it," as an excuse for something bad you did? Blaming others is not positive. When you use the Tool CLAIM RESPONSIBILITY, you take responsibility for the things you do today. Make sure you are proud of the things you do today.

Get to Know Your Tool Activity

Share something you have done that you were proud of. Share possible actions that you would be proud of.

Tool Basics

When you focus on today and let go of the past, you find more freedom and power in your choices today. There is a time and a place for you to be sorry for something and take responsibility for things you did. There is also a time and a place for you to learn how to make better decisions.

CLAIM RESPONSIBILITY for Today - Ask yourself, "Am I proud of this choice I am about to make?" This Tool is about not dragging past choices into the present. Today is not about yesterday or tomorrow. Today is about today! You can CLAIM RESPONSIBILITY for everything going on in your life by not focusing too much on the past. Looking backwards keeps you from moving forward

Reminder

Perhaps you got frustrated at your sibling or guardian for something they did, and now you have a bad attitude hours later. The best remedy for that is to stop and think. You can have a bad attitude, or you can CLAIM RESPONSIBILITY. Whatever it is that may bother you, remember how much control you have over yourself right now. You can choose to continue to let those things bother you or make positive decisions now.

Question

What is something you are proud of doing?

CLAIM RESPONSIBILITY



Here Is Something Fun To Do!

You are in charge of your actions and reactions today!

1. Name two positive things you did today.
2. Name two negative things you did today.
3. Which actions were you proud of?
4. How can you make sure you are proud of all of the things you choose to do today?

That is **CLAIM RESPONSIBILITY!**

Am I Proud of this Choice?

I Am Responsible for

All of My Actions

and Reactions

Today!

I Can Use my Tool CLAIM RESPONSIBILITY!

Check all of the things you can control today.

- ☐ I was born.
- ☐ I was given a name.
- ☐ I get angry.
- ☐ I get sad.
- ☐ I am a kid.
- ☐ I am told what to do.
- ☐ I smile.
- ☐ I am happy.
- ☐ I am calm.

- ☐ How I react.
- ☐ The things that are around me.
- ☐ How others act.
- ☐ Being nice to someone.
- ☐ Who my friends are.
- ☐ How I act.
- ☐ Being mean to others.
- ☐ My thoughts.
- ☐ Using my GOGI Life Tools.

LET GO

Tool Key Words

Hand / Squash / Toss - When bothered, I put the thoughts and feelings in my Hand, Squash it, and Toss it away from me.

What is the Tool LET GO?

Whether it be loud noises, chores, or someone being annoying, everyone gets bothered sometimes. Holding onto things that bother you will not help. With LET GO, you put that thing that does not help you in your Hand, Squash it up, and Toss it away from you. You get rid of it and keep having a great day.

The Get to Know Your Tool Activity

Draw or write down something that bothers, annoys, or scares you. Crumple up the paper and throw it in the trash. Say, "I LET GO of things that do not serve me so I can be the best me."

Tool Basics

In The Hand - When feelings and thoughts are in your heart or head, your choices may be impacted by those feelings. By holding out your hand and placing these thoughts in your Hand, you may feel relief because they are out of your head and heart.

Squash It - When you tightly close your hand around the thoughts or feelings, you Squash those things that troubled you. They are destroyed and broken.

Toss It - When you Toss the crumpled thoughts or feelings far away, you create space to move forward. You LET GO of the trouble.

Reminder

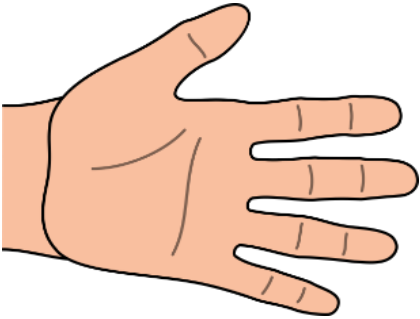
We have more control over the little things that upset us than we may realize. Imagine this: Someone said something that hurt your feelings. You squash up and discard the feeling you associate with that harm. You take the negative emotions and Hand/Squash/Toss them as far away from you as possible. How does it feel to LET GO of that feeling? Take a moment to write down something you want to LET GO of, and give it the Hand/Squash/Toss.

Question

When do you think is the best time to use your GOGI Life Tool LET GO? Why?

LET GO

HAND - SQUASH- TOSS



**PUT THE FEELING
IN YOUR HAND**



SQUASH IT



TOSS IT AWAY



Here Is Something Fun To Do!

What upsets you? Maybe your siblings? Your chores? Your parents?

Draw or write down something that makes you feel upset, angry, or out of control.

With your group or on your own, crumple up your paper and throw it away.

That is LET GO!

**I LET GO of all things
that do not help me
be the best me!**

Sometimes, things happen that hurt us and make us feel bad. When these things happen, we can Hand/Squash/Toss and use our Tool LET GO. We don't need to remain hurt. We can Hand/Squash/Toss it away!

FOR-GIVE

Tool Key Words

For Me To Give, I Need Distance From Harm - I keep distance from anything that would cause harm to anyone, including myself.

What is the Tool FOR-GIVE?

The Tool FOR-GIVE is different than forgiving someone for something. In order to help anyone, you need to be safe first. If someone is constantly teasing you or making fun of you, it is hard and not wise to forgive them. You need to be safe from that harm to forgive them and start giving back. FOR-GIVE is your safety Tool.

Get to Know Your Tool with an Activity

Talk with your group about the difference between forgiving someone and the GOGI Life Tool FOR-GIVE.

Tool Basics

You may want to help someone or you may believe that your trouble may help someone avoid their own. When you commit to staying safe from harm, you can help others find that safety, too.

FOR-GIVE Aids Forgiveness - The Tool FOR-GIVE is not the same as the act of forgiveness. Forgiveness is important, but before true forgiveness is possible, you will need safety from future harm. There is little point in forgiving someone for stealing your money if they consistently reach into your pockets for more. In this case, it is not wise to forgive them. Forgiveness requires safety from harm, or it simply leaves you vulnerable to more harm.

FOR-GIVE is About Safety - Once you are safe from harm, the process of true and lasting forgiveness can unfold. Until you are safe, it may not be wise to forgive.

Reminder

The Tool FOR-GIVE has little to do with forgiving someone and is more about what you need to do for yourself so you can give back. FOR-GIVE makes sure you are safe, so you can give back to those around you.

Question

FOR-GIVE is all about making certain you are safe first. Do you think that being safe from harm is important? Explain.

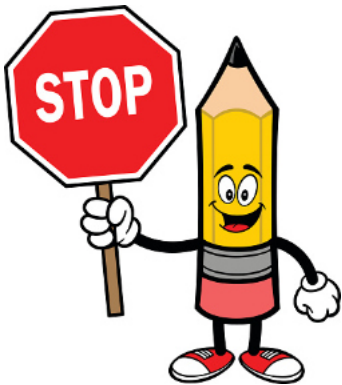
FOR-GIVE



For Me To Give
I Need Safety From Harm

*Note: I Can Use My Stop Sign

In order to help others, I need to be safe from harm. I put my safety first and put out my stop sign.



Here Is Something Fun To Do!

Think about or share things you do throughout the day. Label them green light or red light. Green light actions are good things you do, such as sharing, playing nice, or doing your chores. Red light actions are things that hurt others or yourself. Now think of a time you will put out your stop sign to stop yourself or someone else from causing harm.

It is easy for me to use my GOGI Life Tool FOR-GIVE!

WHAT IF

Tool Key Words

What If I Am Not My Past – No to the past, yes to the future.

What is the Tool WHAT IF?

Have you ever wanted to travel to the future? This Tool gives you a sneak peak into the future. When you ask, “WHAT IF?” you can see where your actions will take you. For example, “WHAT IF I miss school? WHAT IF I study really hard? WHAT IF I steal a toy from my sibling?” Can you see the possible outcomes to these questions? If you can, you can use this Tool make the future you want through your actions today.

Get to Know Your Tool with an Activity

Write down or take turns sharing 3 of your own WHAT IF questions. Name what you think will happen if you do these things. Consider if the likely outcome is something you want to happen or not. Share your thoughts with the group.

Tool Basics

WHAT IF helps you to see many more options and paths you can take.

For the Negative – When you use WHAT IF to consider a likely negative outcome, you can choose if a negative outcome is your best or only option. Is there a choice you can make with a more positive outcome?

For the Positive – When you use WHAT IF to consider a positive outcome, you see all the positivity that is possible. There are so many things you can do right now that would have a positive impact.

For the Past – By asking, “WHAT IF I am not my past?” you give yourself the option to move beyond limits of the past. Maybe in the past you have not listened to your teachers, it is never too late to start. You do not have to choose the same choices you did yesterday or the day before. Today can be a fresh, new start. You are not your past.

Reminder

Humans are creatures of habit. Something we do one day easily becomes something we do every day. Who you are now is not all you can be. Tell yourself, “I can do anything I set my heart and mind to!” WHAT IF you are destined for so much more? We all are!

Question

What would you be today if you are not limited by your past?



WHAT IF



Art by Coach Keith

Check 3 things you would like to do.

- ☐ What if I write a nice card?
- ☐ What if I clean my room?
- ☐ What if I help my parent?
- ☐ What if I do my chores without being asked?
- ☐ What if I share with my siblings?
- ☐ What if I compliment a friend?
- ☐ What if I colored a pretty picture?
- ☐ What if I play nice with my sibling?
- ☐ What if I read a book?
- ☐ What if I study for school?

Here Is Something Fun To Do!

In your group, take turns and **share** positive WHAT IF questions.

After a WHAT IF question is asked, one person names what they think will happen.

Each member **asks** one question and **answers** one question.

That is WHAT IF!



REALITY CHECK

Tool Key Words

The Ten and Two Rule - Ten Steps Forward and Two Steps Back is still Eight Steps Ahead.

What is the Tool REALITY CHECK?

This Tool realizes that you are human and not a perfect person. Sometimes, we are not as kind as we can be or fall into negative old habits. Ten minus two is still eight. When you mess up or do something wrong, the first thing this Tool has you do is acknowledge that you did something wrong. Now, you can make the next thing you do positive. Your mistakes do not mean that you cannot do good things. Get back on a positive track by making great choices.

Get to Know Your Tool Activity

Stand in one place and remember where you are. Take ten steps forward. Now, take two steps back. Look back at where you started this activity and where you are now. The two steps you took backwards do not undo all your steps forward.

Tool Basics

At some point, we want to do better or be better than we have been. We want to improve and grow. Often we fumble, fall, and make mistakes that may disable our progress and damage our self-esteem. This is where REALITY CHECK comes in handy.

REALITY CHECK for Change - REALITY CHECK helps you overcome the reality that old habits are often hard to change. In understanding the Ten and Two Rule, you can quickly get back on track.

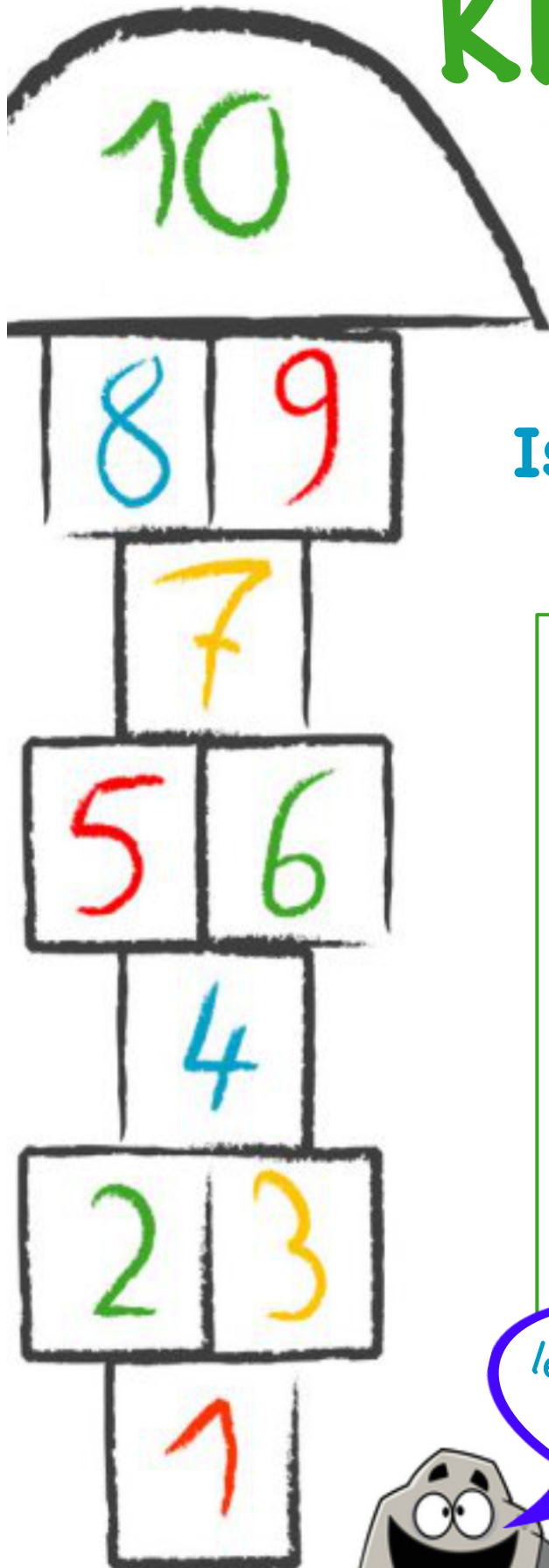
Reminder

We always make mistakes, big or small. Everybody makes mistakes. Think about the past week. How many things have you done that are you proud of? There are probably many things that you cannot even remember. There are likely a few of things that you did that you are not proud of. You may have made a couple mistakes and taken a couple of steps backwards, but you have also made a lot of progress.

Question

How can REALITY CHECK help you not get too down on yourself when mistakes are made?

REALITY CHECK



**10 Steps Forward
And, 2 Steps Back
Is Still 8 Steps Ahead**

Something Fun To Do!

1. List 5 good things you did this past week. For each positive thing you did, take one step forward.
2. Now, list 1 bad thing you did and take one step back.
3. Notice how far ahead you are as when you started this activity and see that one negative step back does not get rid of your positive steps forward.
4. Now name something super positive you can do, and do it right now!

That is REALITY CHECK!

You can
learn from your
mistakes!



Art by Coach Keith

ULTIMATE FREEDOM

Tool Key Words

Being Free Is Up To Me - Living a life of service unlocks my internal freedom.

What is the Tool ULTIMATE FREEDOM?

You have this Tool to set you free. To be truly free, you need to be kind and do kind things for others. No matter where you are or what is around you, you can be free by helping people.

Get to Know Your Tool with an Activity

Think of someone who needs help or could benefit from a kind deed. Share with the group what you will do to help this person and use your Tool ULTIMATE FREEDOM.

Tool Basics

ULTIMATE FREEDOM is a Tool you can use to create a sense of purpose for your day-to-day life. ULTIMATE FREEDOM places you in the mindset of service by helping those around you without expecting anything in return. When you do this, you may find yourself experiencing great joy.

Being Free Is Up to You - With ULTIMATE FREEDOM, you choose to be free by focusing on the positive and the ways in which you can help. When you only focus on yourself, your wants, or ways you can get more your world becomes small. When you open your eyes to the needs of others and ways you can help, your world becomes bigger and you may feel free inside.

Reminder

Sometimes, we are selfish and only worry about ourselves. We lose focus of what life is all about, being kind to those around us. Take a moment to help someone by saying something nice, lending a helping hand, or sharing a smile.

Question

What can you do today to use your Tool ULTIMATE FREEDOM?



ULTIMATE FREEDOM

You can lift someone up.



You can help a friend.

Being Free
Is Up
to Me!



Living a life of service
sets me internally free.



You can share.

Here Is Something Fun To Do!

For each day of the week, list 1 nice thing you can do
for someone else.

You can even write down what you did and how it made
you feel.

That is ULTIMATE FREEDOM!



You can lend a hand.

Matching Game

Draw lines connecting Tool names and their correct Keywords.

POSITIVE WORDS

Old Thought, New Action

LET GO

What if I am Not My Past?

ULTIMATE FREEDOM

With every action
I ask the 3 P's

BOSS OF MY BRAIN

One Hand on my Belly
One Hand on my Chest
Which One is Moving?

WHAT IF

For Me To Give
I Need Safety
From Harm

FOR-GIVE

Am I Proud of this Choice?

REALITY CHECK

Hand/Squash/Toss

POSITIVE ACTIONS

Smart Part
Emotional Part
Old Habit Part

FIVE SECOND LIGHTSWITCH

Being Free is Up to Me

POSITIVE THOUGHTS

10 Steps Forward
And 2 Steps Back
Is Still 8 Steps Ahead

CLAIM RESPONSIBILITY

With every word
I ask the 3 P's

BELLY BREATHING

With every thought
I ask the 3 P's