

Level 10: MASTERING SOMETHING NEW



Now you're ready to master something new!

In Level 9, you and your coach prepared for today's Totem Pole Challenges. Go back to Level 9 of your Go-To-Gadget to review your plans for today.



Ok, it's time to put the plan into action! When you're finished, write down what you did.



Before you start, write down your feelings thermometer rating _____

Totem Pole Challenge #1 for Level 10:

I practiced by _____

Feeling frightened?

My body reacted by _____

Expecting bad things to happen?

I was thinking _____

Attitudes and Actions that can help

Instead I thought _____

Then I helped myself by _____

Results and Rewards

How did I do? _____

What was your feelings thermometer rating in the end? _____

I rewarded myself by _____

Before you start, write down your feelings thermometer rating _____

Totem Pole Challenge #2 for Level 10:

I practiced by _____

Feeling frightened?

My body reacted by _____

Expecting bad things to happen?

I was thinking _____

Attitudes and Actions that can help

Instead I thought _____

Then I helped myself by _____

Results and Rewards

How did I do? _____

What was your feelings thermometer rating in the end? _____

I rewarded myself by _____

Level 10: MASTERING SOMETHING NEW (continued)



Prep for Level 11's Totem Pole Challenge

With the help of your coach, plan your Totem Pole Challenges for Level 11. These are challenges you thought would be really difficult.



You've come a long way!
Congratulations!

Get your coach to help you complete this section

Time to do your totem pole challenges!

Time your coach! Expect to get feedback

USERNAME:
PASSWORD:
Login

Totem Pole Challenge for Level 11:

My next challenge will be _____

Feeling frightened?

My body might react by _____

Expecting bad things to happen?

I might be thinking _____

Attitudes and Actions that can help

Instead I could think _____

I can help myself by _____

Results and Rewards

I will reward myself for trying by _____

Totem Pole Challenge for Level 11:

My next challenge will be _____

Feeling frightened?

My body might react by _____

Expecting bad things to happen?

I might be thinking _____

Attitudes and Actions that can help

Instead I could think _____

I can help myself by _____

Results and Rewards

I will reward myself for trying by _____

Level 10: MASTERING SOMETHING NEW (continued)



Plan one or two challenges to do outside of camp. You



Totem Pole Challenge #1 to try on your own: _____

Feeling frightened? _____

Expecting bad things to happen? _____

Attitudes and Actions that can help _____

Results and Rewards _____

Totem Pole Challenge #2 to try on your own: _____

Feeling frightened? _____

Expecting bad things to happen? _____

Attitudes and Actions that can help _____

Results and Rewards _____