Level 10: MASTERING SOMETHING NEW

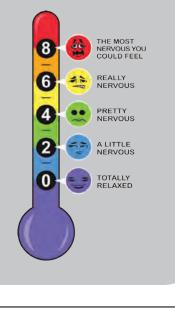


Now you're ready to master something new!

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
Eeeling 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
Eeeling 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!

Totem Pole Challenge for Level 11:	PASSWORD
	LOGAN
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	
L will reward myself for trying by	26
	20

Get your coach to help you complete this section

Time to do your totem pole challenges! How your wark have to off hursts Hose wark have to off hursts

Level 10: MASTERING SOMETHING NEW (continued)



Plan one or two challenges to do outside of camp. You@^&a[ð]*Á'¦^æ&Â Ü^{ ^{ à^!Éx@A [!^Aî[`A] æ&a&A c@A [!^A&[} -aa^} oA [` @A^^!!



<u>F</u> eeli	g frightened?
Expe	ting bad things to happen?
Attitu	des and <u>A</u> ctions that can help
<u>R</u> esu	ts and Rewards
Toten	Pole Challenge #2 to try on your own:
<u>F</u> eeli	
<u>F</u> eeli <u>E</u> xpe	g frightened?