

# Level 11: MASTERING MORE NEW THINGS

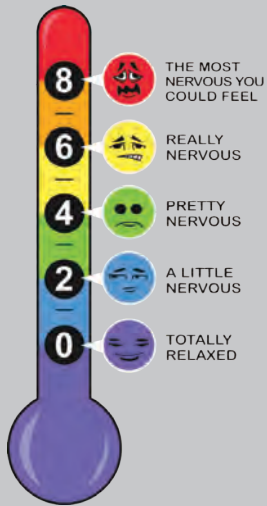


Now you're ready to master even more new things!

In Level 10, you and your coach prepared for today's Totem Pole Challenges. Go back to Level 10 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 11:

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 11:

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 11: MASTERING MORE NEW THINGS (continued)



## Prep for Level 12's Totem Pole Challenge

With the help of your coach, plan your Totem Pole Challenge for Level 12. This is the challenge you thought would be the most difficult.



Wow, you've almost reached the top of your totem pole. I'm impressed!

Get your coach to help you complete this section

Time to do your totem pole challenges!

How your coach helps to get started

USERNAME:

PASSWORD:

LOG IN

### Totem Pole Challenge for Level 12:

My last 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 11: MASTERING MORE NEW THINGS (continued)



Plan one or two challenges to do outside of camp. I can't wait to see what you've planned for these next Totem Pole Challenges!



**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** \_\_\_\_\_