

Level 12: SUCCESS...LAST DAY AT CAMP



You're at the top of your totem pole!
Congratulations for making it so far.

In Level 11, you and your coach prepared for today's Totem Pole Challenge. Go back to Level 11 of your Go-To-Gadget to review your plan for today.



Okay, it's time to put the plan into action. When you're finished, write down what you did. Good luck on your last Totem Pole Challenge!



Before you start, write down your feelings thermometer rating _____

Totem Pole Challenge for Level 12:

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 _____