

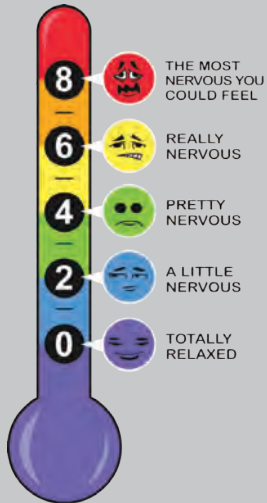
Level 9: DOING MORE NEW THINGS



Let's do some more new things. In Level 8, you and your coach prepared for today's Totem Pole Challenges. Go back to Level 8 of your Go-To-Gadget to review your plans for today.



Okay, 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 9:

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 9:

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 9: DOING MORE NEW THINGS (continued)



Get your coach to help you complete this section



Prep for Level 10's Totem Pole Challenge

With the help of your coach, plan your Totem Pole Challenges for Level 10. These are the challenges you thought would be pretty difficult. But you're ready.

Good luck!



Totem Pole Challenge for Level 10:

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 10:

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 9: DOING MORE NEW THINGS (continued)



Plan one or two challenges to do outside of camp. You'll be able to do them when you're back.



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 _____