

How to Be You

When you don't meet the standards, when you aren't the world's idea of perfect, how do you treat yourself? List the ways you punish yourself for not being perfect.

LIST

1.

2.

3.



IMAGINE YOUR

What kind of life do you want in five years?



Where do you want to be in ten years?



How about twenty years from now?

How will you feel when you have your perfect life?

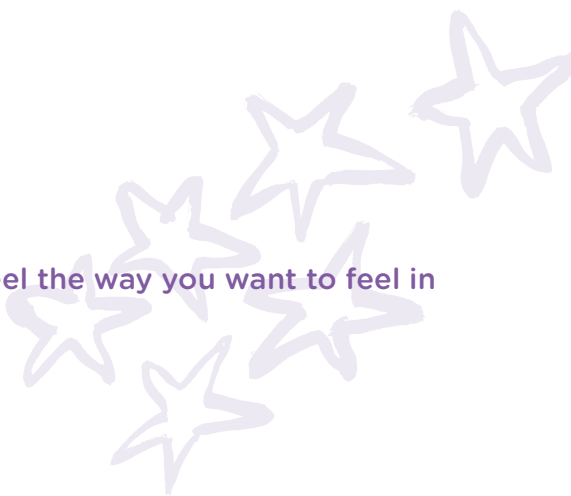


PERFECT LIFE

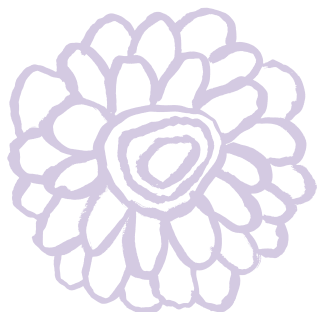


Now go back and look over your answers from the last page.

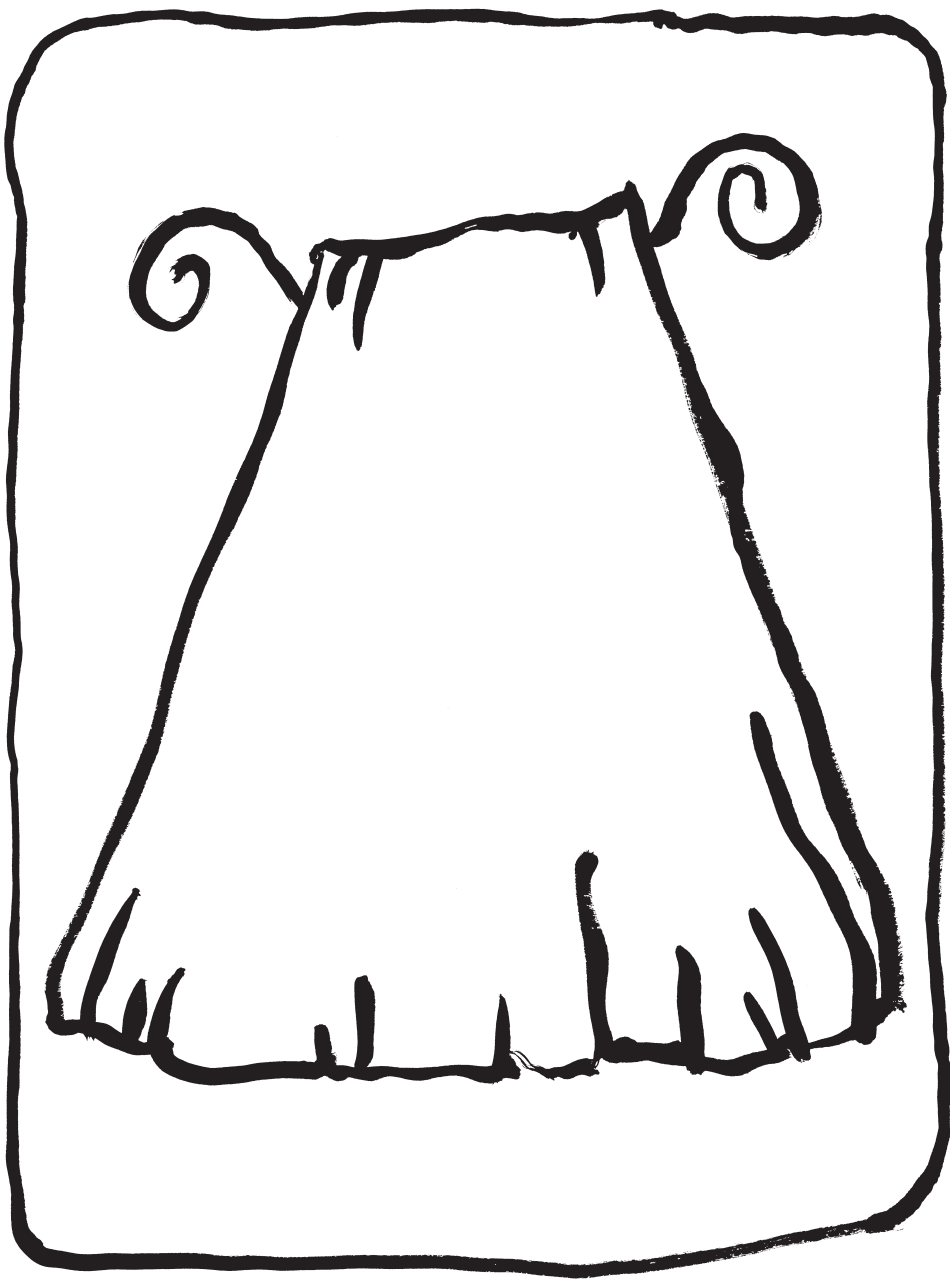
Is there any way to feel the way you want to feel in the future right now?



Is there anything you can do in your life—right now, today—to feel the way you always wanted to feel in your perfect future life?

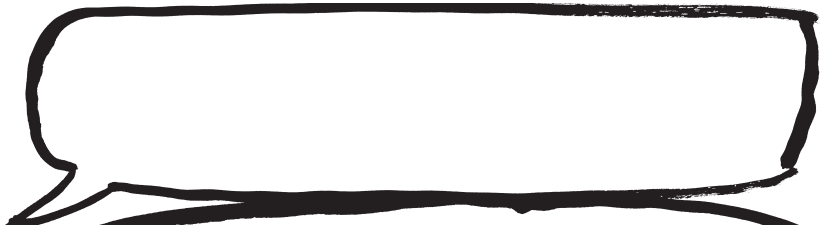


Use this space to design your very own superhero cape. Draw, paste, paint. Remember, this is *your* creation. Make sure the colors and symbols represent your talents and superpowers. Show the evildoers of this world what gives you strength, the ways you're trustworthy, and what's most important to you.



Imagine someone who has always been your hero. Pick anyone alive or dead, real or fictional—someone you admire for being strong and wise. Once you have a clear picture of your hero or heroine, write a dialogue with that person. Pick an issue that's been troubling you, or something you worry about, and ask your hero about it. You will be writing both sides of the conversation. Try not to predict or guess where the conversation will go, just do your best to speak honestly from the heart as you and as your hero. Use a separate sheet of paper if there's more to say.

Write a dialogue with your hero.





YOUR FAVORITE

List your favorite things. There are two parts to this exercise: enjoy listing your favorites and also enjoy how you list them. Where do you look for an answer about your favorites? What makes something a favorite? Do you see any patterns or overall clues about you in your list? Are there clues about what you enjoy or what kinds of things attract you?

What is your favorite



ice cream flavor? _____

insect? _____

movie? _____

song? _____

subject to learn about? _____

toenail polish color? _____

president? _____



THINGS



game? _____

fish? _____

breakfast cereal? _____

book or play? _____

thing to do on Saturdays? _____

time to take a bath? _____

sport? _____

kind of math problem? _____

season? _____

singer? _____

color to wear? _____

food? _____



Start a practice of a daily joy list.

List anything that brings you joy. Keep the list in your phone or by your bed. Add three items when you wake up each morning. About once a week, read over your list and don't try to prevent your emotions from rising up and out of your personal safe zone as you read. After three weeks, look to see how keeping track has changed your outlook.







Finish these sentences.


Don't try to control your answers—or say the right thing. Try to write as fast as you can without thinking too much about it.

A good mother would never . . .

A family should always . . .

I would be so hurt if a friend ever . . .

The perfect day would always have to include . . .



Go back and read over your answers. Are there any assumptions there that you could let go of? Are there any reasons for punishing yourself or other people that you see? Are there any invisible standards or shoulds that might be preventing you from being free?

It's time for a week of letting go.

Every morning, in the spaces provided, write a different old worn-out belief about yourself that you are willing to let go of around that day's theme. Example: "Wednesday, Your Body: I will let go of the belief that the way my body looks is because I've done something wrong."

On each day, after you have written down what you are willing to let go of, cut out the box containing your word or phrase using scissors. Carry the paper with you, and at some point during the day consciously tear the paper up and throw it away. Let the belief go as you let the paper go. Repeat this exercise for as many weeks as you wish, using more paper.

Monday, Finances and Money:

Tuesday, Romance and Sex:



Wednesday, Your Body:

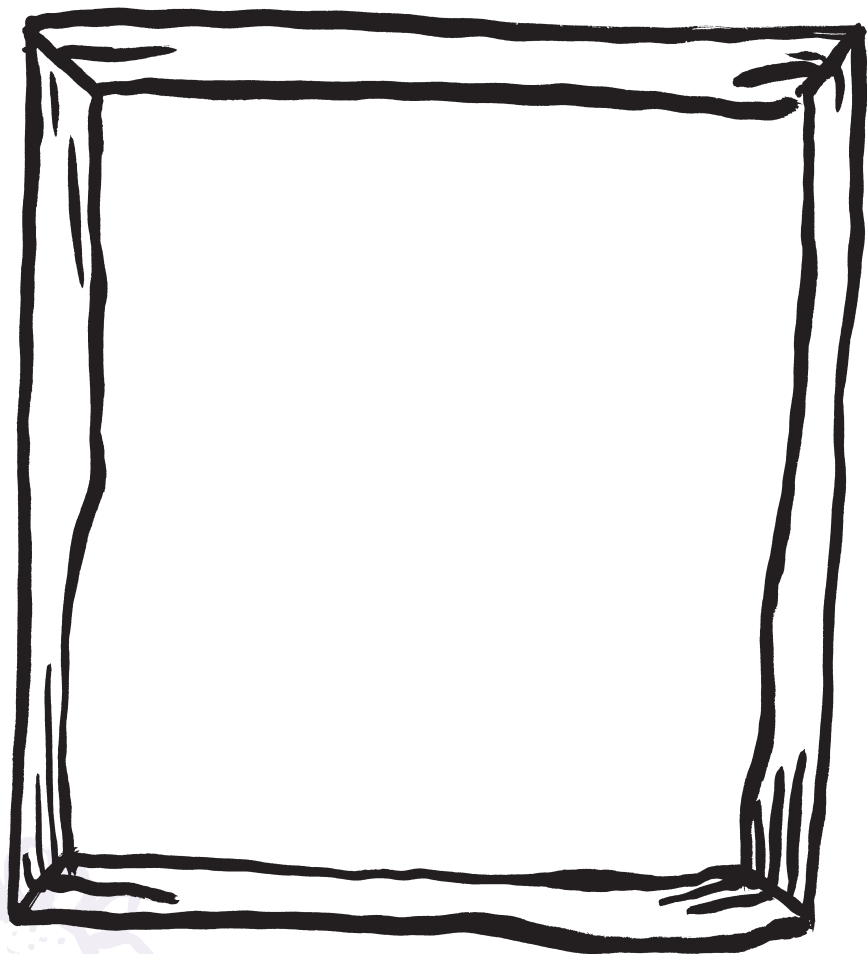
Thursday, Work and Jobs:

Friday, Friends:

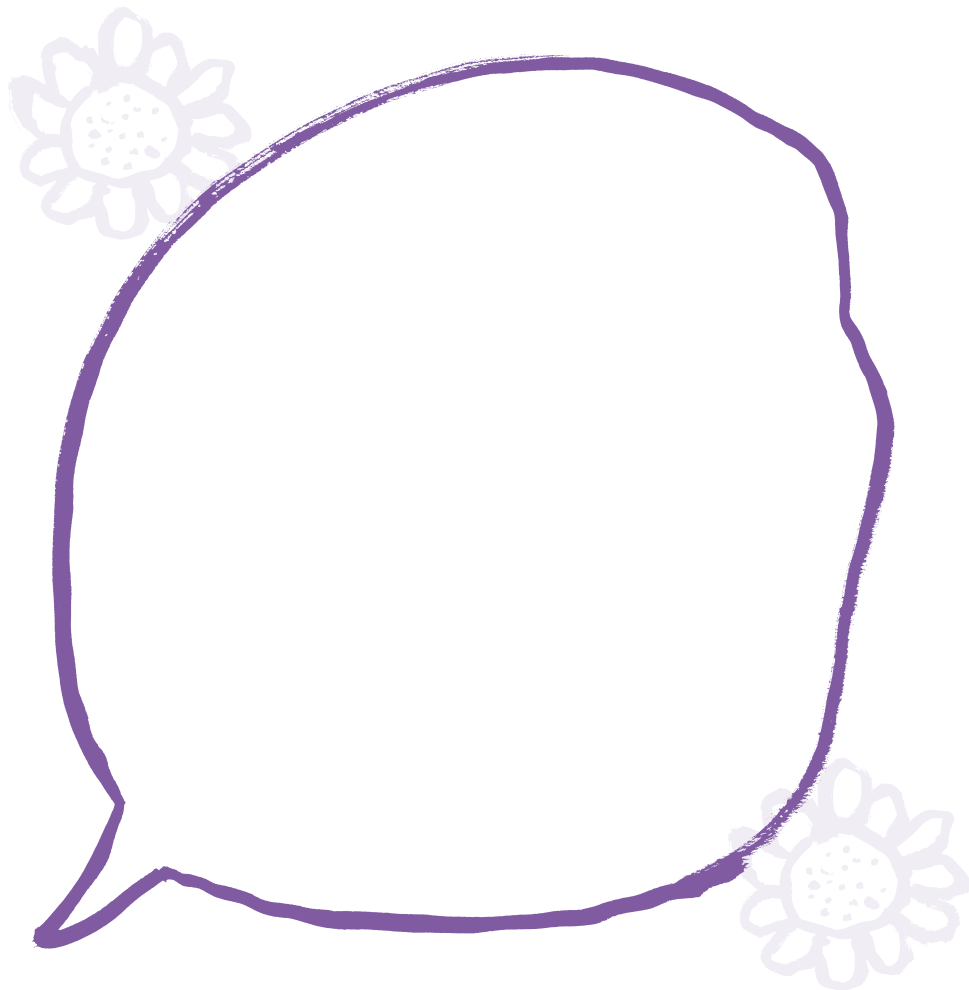
Saturday, Family:

Sunday, Religion or Spirituality:

Draw a picture of what you really
wanted to be when you grew up.
Don't draw the right answer you were
supposed to tell everybody, but what
you truly wished for as a kid.



What's the difference between the person in the drawing and yourself today? If the person in the drawing could tell you something about who you are today or maybe give you advice, what would they say? Write their words below . . .






GOOD ENOUGH

Create a Good Enough to Feel Good list
all about you.



Write on it all the ways you can think of that
you are good.



What are your best qualities?



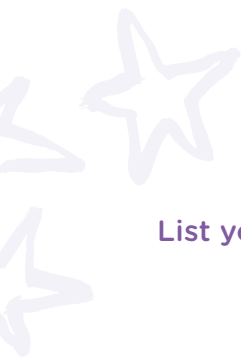
TO FEEL GOOD



How are you helpful and kind?



List your talents and strengths.



What do you offer the world?

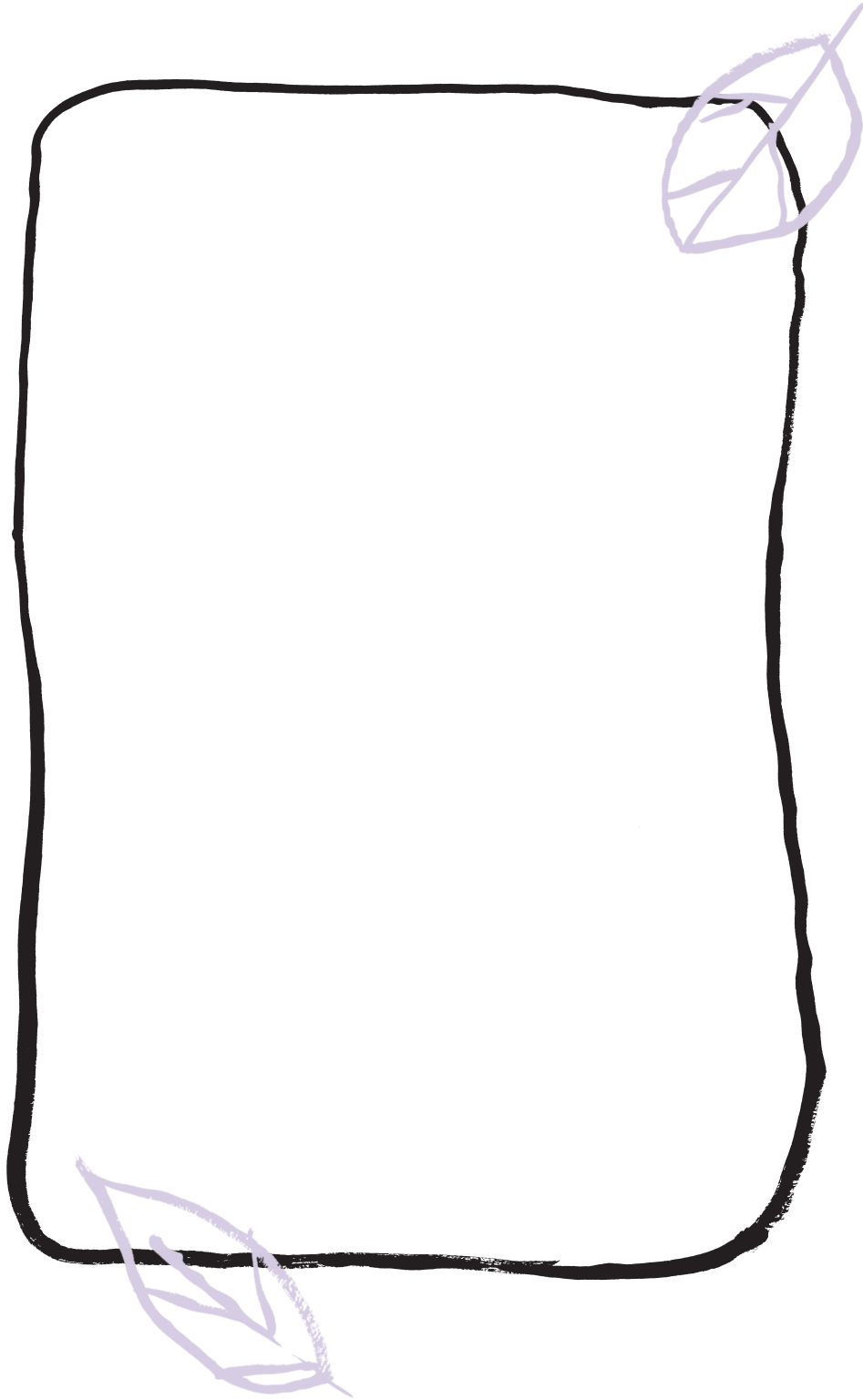


Hang your list somewhere where you can add to it every day.



What's one issue in your life that makes you feel bad? Consider how your life would be if you didn't feel this way anymore. What would change? Use this space to draw a picture or write a paragraph about your life minus the need to feel bad about this issue.







Imagine the Valentine you always wanted to receive. Draw that Valentine here. Use as much ribbon and glitter as you'd like. Get creative. List your best qualities. Tell yourself why you're so lovable. No one's watching. Don't hold back.

