

SOUL BOOK

Kids' Edition *- Prompts for Self -*

Hello beautiful soul! This packet contains a collection of prompts meant to be used in making your own Soulbook. These prompts will help you get back in touch with the deep truths within yourself, and help you remember those truths on days when you start to forget. Read through the prompts on the following pages, and cut out the ones that speak to your heart.

The SoulBook tool is part of a worldwide movement... and we'd love to have you join us. You can learn all about it (and find a SoulBook gathering near you!) at BraveGirlsClub.com/SoulBook.

Enjoy making your SoulBook... we hope it's a powerful tool you'll cherish forever.

xoxo - melody, kathy, and the Brave Living Team

Today is a brand new day

Today is the day

Today is day 1

Today is day one

Today is a brand new day

Today is the day

Today is day 1

Today is day one

Today is a brand new day

Today is the day

Today is day 1

Today is day one

I am a soul

I am learning every day

*I am a real, live, living
human being.*

I am a soul

I am learning every day

*I am a real, live, living
human being.*

*I want to remember that I can already do
amazing things and I can learn to do even more
amazing things.*

*I want to remember that the people who love me
are happy that I am me.*

*I want to remember that I have gotten so strong
and I did that for myself, and also with the
help of others who love me.*

I know that I can create amazing things.

I can learn how to do just about anything.

So many people love me and want the best for me.

*I want to remember that sometimes practice is
hard and boring but it's worth it to keep going.*

*I want to always remember that I get to choose
my favorite color and I get to change my mind
if I want to.*

*I want to remember to always stick up for those
who are being treated badly, including myself.*

*I want to remember to love being exactly as old
as I am.*

*I want to remember that I am important in
this world.*

*I know I feel so much better when I spend time
being outside.*

I want to remember that having fun is awesome and I can help others to have fun too.

I want to remember that no matter what, I get to choose yes or no, and that all yes's and no's have consequences.

I want to remember to say kind words.

I want to remember to tell the truth.

I want to remember that I don't have to be like anyone else, and being who I am is one of my most important jobs.

I want to remember how unique and amazing I am, just by being me.

I want to remember that there will always be very important things that won't get done if I don't do them.

I want to remember that I just have to do my best... my best is enough.

I want to remember that I'm perfectly imperfect.

I want to remember that I am loved, no matter what.

I hope I never forget how good it is for everyone to play. I hope I never forget to play every day.

I want to remember that I've worked really hard to learn a lot of things. When I was a baby, I learned how to walk and how to talk. I got older and learned so many more things and I will learn so many other things throughout my life.

I want to remember that everyone has things they are good at and everyone has things they struggle at - and that none of those things make anyone more valuable or less valuable. I am always valuable no matter what.

I never have to prove that I am valuable and important because I am already valuable and important no matter what I do or don't do.

I want to remember that sometimes when I ask for something that I really want, the answer will be no and that I will be okay. Sometimes the answer is just no and I can find lots of other things to be happy about.

I can always be brave enough to find ways to ask for help with what I want to build or make, even if it doesn't work out sometimes. I want to remember to always ask for the help I might need when I want to create something.

I want to always remember that it's fun to practice doing things that I'm interested in, and that practice is the way to get good at things.

I want to remember that it's never worth it to do things that my heart is telling me are not the right things for me.

I know that I have to make choices for my life.

I know that candy tastes a lot better than vegetables but doesn't do good things for me now or in the future and that a whole lot of things in life are like that. Choosing vegetables most of the time and candy every once in a while is a good way to go.

I want to always find the courage to accept apologies from others and to also say sorry when I need to; it's one of the best ways to have a happier life.

I know that I can think of new ways to do things that just might work better for me than the ways I was doing them before.

Sometimes I will feel jealous of others because they have something I want. I want to remember during those times to think of all the things in my life that I am thankful for and if I still really want what they have, I can think of ways I can work toward having that too. Sometimes you just need to ask.

I want to remember what a miracle my body is and that I want to always thank my body for all of the things it can do and everything it does to help me do what I want to do each day.

I want to remember how very much my choices matter to my life and to those around me.

I don't ever want to forget that words are incredibly powerful. Kind words and hurting words all have so much power and I want to use that power carefully.

I want to always remember that what I choose to do and the way I choose to do things has an effect on others. I want to be considerate of others.

I have ideas and all of my ideas are worth considering because sometimes one idea will spark another better idea, so I want to remember to always be kind to my ideas.

I want to remember that there will be times that I feel like I don't fit in, like I'm too different from everyone else... and that it's okay to be different, and that our world needs all different kinds of people to make it work, to make it interesting and exciting and to think of new ideas to make things better for everyone. Being different is a good thing, as long as I'm being exactly who I am.

Sometimes I forget that it's a good thing to stop and take big deep breaths when I'm feeling overwhelmed or angry.

I want to remember that when I'm not good at something, I can always learn new ways and practice getting better at that thing. There's always a way to become good at something.

Sometimes I forget that when I want something, I will often have to be patient for a long time. Sometimes I'll have to work hard for it, sometimes I'll have to wait until it's possible and sometimes I'll even have to be okay with it working out differently than I hoped. Life takes lots of patience.

I want to remember that I am going to be okay no matter what happens next.

Things will always work out somehow, and I will find the courage to make it through whatever happens next. I hope I never forget that I won't have to do the hard things in life alone.

I want to remember that part of life is wanting to spend my time doing things that aren't best for me, and that it's always worth it to choose something better for me, even when I want to keep doing the things that aren't best for me.

I want to remember that sometimes life feels lonely, and I'll sometimes have to think hard to remember all of the people who love me and who want the best for me.

I want to remember that I can be my own friend when I am needing a friend, and that sometimes I am the friend that I need the most.

Sometimes I forget that feelings are sometimes hard to talk about, and that sometimes drawing a picture or painting or making something or dancing or singing is a good way to express my feelings.

I want to remember that some days it's hard to keep going, and that it's okay to stop and rest on those days.

I want to remember that sometimes when you're unique, it might seem like others are making fun of you. I want to remember that it takes great courage and bravery to be unique and different, and that I have that courage and bravery inside of me that I can pull from whenever I need it.

I want to remember that some people are shy and some people are very outgoing, and all of it is okay.

I will find the places where I feel the best and where I fit the best. If I can't find those places, I always have the power to create them.

Sometimes I forget that I can think about the things I need the most, then I can dream about a way to create the things I need the most, and then I can go out and build the things that I need the most. It might take some time to go through all of these steps, but someday I'll be able to create the things I want and need, starting with thinking about those things and creating them in my head.

Sometimes I forget that I don't have to decide right now what I will be doing when I grow up. I get to try lots of things.

I want to remember that I can love myself for who I am.

I want to remember that I can ask for help no matter what is going on, no matter what has happened and no matter what it is I am needing.

Sometimes I forget that it's okay to feel sad sometimes.

I want to remember that sometimes human beings disappoint each other, but that we can talk about it and forgive each other. I will sometimes feel disappointed and I will sometimes feel like I disappointed someone else. This is all part of being human. Talking about it helps. Forgiving each other helps.

I want to remember that I am so much fun to be with.

I want to remember that I make everything more fun.

Sometimes I forget to believe in myself.

I want to remember to never stop noticing the beautiful and interesting things in nature. I want to always look at the sky and how it changes all day and night. I want to watch the way the trees change and blow. I want to never stop watching and enjoying the animals. I want to notice all of the colors and all of the textures and all of the changes. I want to watch the light sparkle off the water. I want to never stop playing in the dirt and rolling in the grass.

Sometimes I forget to run like the wind and swing on the swings and feel free.

I want to remember to never stop wondering, daydreaming and using my imagination.

I want to always remember that I can get up when I fall down, I can try again when it didn't work the first time, and that I can try a different way when I'm tired of how I've been doing it.

Sometimes I forget that some things are really boring but we have to do them anyway because they are important. There are lots of ways to make boring things fun, though.

I want to remember what a difference I can make when I help someone else.

Sometimes I forget that some things are really hard to do and we have to do them anyway because they are really important for our future. There are lots of ways to make difficult things more enjoyable, though!

I hope I always remember what peace feels like and that I seek out and create ways to feel more peace for me and everyone I know.

I want to always remember what it feels like to help someone, and that when I want to, I will seek out ways to help others.

I want to always make sure I take care of myself in the best ways I can and once I've done that, find ways to help others take care of themselves if they need it.

I hope I'll always listen to my heart when it's telling me that something or someone needs protected, and that I'll do what I can to protect it, especially if that someone is me.

I want to always remember that my life is like a trip that I get to go on, it's like walking down a road. Everyone else has their own road too. It's okay for my road to be different and it's okay for their road to be different. We all get to be on roads beside each other, but all of our roads are just a little bit different from each other. I don't ever have to go on someone's road if I don't want to... but sometimes it's nice to visit each other's roads before we get back to our own.

Sometimes I forget that I have a voice, I have ideas, I have thoughts and I have a right to them just like everyone else does. I can write them down, talk to someone I trust and even stand up for myself when I am being shut down. My ideas and thoughts matter.

I want to remember that sometimes I get to be the leader and sometimes I get to be the follower, and that both jobs are important. I want to remember that I never have to go where a leader says I have to go if it doesn't feel right to me, and that when I am the leader, that others don't have to follow me if it doesn't feel right for them either.

Sometimes I forget that I always get to choose and that all choices have consequences. I want to always make the choices that have the best consequences for my life.

I want to remember that it's important to try and try and try until I get to where I want to be the most. Some things are really hard to do and require constant trying.

I want to remember that it's okay to cry when I need to cry and to giggle when I feel like giggling.

I always want to remember to clean up my own messes, because that helps me and everyone else to be happier and feel more peace. I want to remember to ask for help when I can't do it on my own.

I always want to remember that when I make a mistake, I am still wonderful.

I always want to remember that I make a tremendous contribution to my family and that nothing would ever be the same without me.

I always want to remember that I have so much to be proud of, I have worked so hard.

I always want to remember to be proud of myself.

I always want to remember how hard I am trying and that I am so strong.

I always want to remember that I am such a kind person.

I always want to remember that I help others to think in different ways.

I always want to remember that my parents are so excited to see what I do next, and where I go in my life.

I always want to remember that my future is so exciting, and I can't wait to see where life takes me.

I always want to remember that I have people who are thankful to be in my life.

I always want to remember that my body belongs to me, no matter what.

I always want to remember that I can walk away when something doesn't feel right.

I always want to remember that I can make brave choices. Even when I feel afraid I am still brave.

I always want to remember that I can be a great example to others.

I always want to remember the power I have to help others by being kind.

I always want to remember I have people who will listen to what I have to say.

I always want to remember that there are people in my life who would love to help me.

I always want to remember that I am a soul who is in a body. My body will change every day and my body will never be who I am. Who I am is more than my skin and my bones.

I always want to remember that it's okay to be angry.

I always want to remember that I have the power to express my anger without hurting anyone else.

I always want to remember that it's never okay for someone to hurt me.

I always want to remember to have the courage to tell someone I trust when I am being hurt.

I always want to remember that everyone in the world needs help sometimes.

I always want to remember that helping someone is a great way to show love to others, and for others to show love to me.

I always want to remember that it's okay to let others help me.

I always want to remember that it's okay and normal to need help.

I always want to remember that needing help doesn't mean I did anything wrong.

I always want to remember that it's very brave to ask for help.

I want to remember my interests are important.

I always want to remember that I am capable of doing anything I decide to do.

I always want to remember that I'll get to try lots of things throughout my life.

I always want to remember that it can take a bit of courage to continue to try new things, and I have lots of courage.

I always want to remember that I am going to mess up sometimes, just like everyone does, and it's okay for me to make mistakes... making mistakes is how we learn, and get better.

I always want to remember that it's okay to change my mind, especially when things don't feel right.

I always want to remember that I have incredible technology built right into my body that helps me feel whether or not something is right for me, and that I can trust my feelings.

I always want to remember that I am lovable and loved, no matter what.

I always want to remember what I think about is important and that it matters.

I always want to remember that, as I grow up, I don't have to hold on to anything that doesn't feel right for me anymore. I can let things go.

I always want to remember that I matter so much.

I always want to remember how very important I am.

I always want to believe in myself, my dreams and my ideas.

I always want to remember that I love learning new things.

I always want to remember that I am a very kind and good friend.

I always want to remember that it's okay to feel frustrated.

I always want to remember that I'm going to be okay, no matter what has happened or what it will happen next.

I always want to remember that I am so much stronger than I think.

I always want to remember that being brave doesn't mean that I don't feel afraid; being brave means that I when I feel afraid I do it anyway.

I always want to remember that it's okay to feel scared sometimes.

I always want to remember that I deserve everything good and that I always will, no matter what.

I always want to remember that I am just as valuable as everyone else.

I always want to remember that I don't have to believe any of the mean things that are said or done to me throughout my life.

I always want to remember that I deserve to feel safe.