

SOUL BOOK

Teens' 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

***IMPORTANT** Free Brave Living or Brave Girls Club PDFs are for personal use ONLY. Reselling this material in any form or for any price is strictly prohibited, including for use in any kind of for-profit event or gathering. They are to be used in free gatherings ONLY. (It is permissible to charge a modest amount to cover the actual costs for food and art supplies if needed.)*

Today is a brand new day

I want to remember that I can already do incredible things, and I can learn to do even more.

Today is the day

I want to remember that my loved ones are happy that I'm me.

Today is day 1

I want to remember that when others are unkind to me, it doesn't mean something is wrong with me. Most likely, they are struggling to figure life out, and their unkindness has nothing to do with me.

Today is day one

Today is a brand new day

Today is the day

I want to remember how strong I am... and that I grew strong both by myself, and with the help of others who love me.

Today is day 1

Today is day one

I can learn how to do just about anything.

Today is a brand new day

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

Today is the day

Today is day 1

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

Today is day one

I am a soul

I want to remember that I'm in a phase of figuring life out—that's totally okay, and it can even be really fun.

I am learning every day

I am a real, live, living human being.

I want to remember that I'm a person completely separate from my body... who I am has nothing to do with the way I look.

I am a soul

I want to remember that I can always ask for help if someone is hurting me.

I am learning every day

I am a real, live, living human being.

I want to remember that I am stunningly beautiful inside and out.

I want to remember that I have power to choose... even when I have to follow rules, I can still find ways to express myself through my choices.

I want to remember that I don't have to fit into any label... I am my own person, and that is so awesome.

I want to remember how good it feels to be kind... and that I must always be kind to myself first.

I want to remember that I am good.

I want to remember to enjoy life and not take things too seriously.

Sometimes I forget that comparing myself to others doesn't do anything good for my life.

I want to remember that no human being can compare to another, because we were all born with different gifts and all of them are valuable.

I want to remember that there are lots of adults who want the best for me and are on my side, even if it doesn't always feel like it.

Sometimes I forget that I'm still young and still becoming who I'm meant to be, and that I don't have to have my whole life figured out.

Sometimes I forget that I've already done a really good job at a lot of things.

I want to remember that not everyone is going to understand me, and that's okay.

I want to remember that I can learn how to do just about anything if I put enough effort into it.

Sometimes I forget that this time in life is complicated for everyone, not just for me.

Sometimes I forget that it's okay if not everyone likes me.

Sometimes I forget that being good to others feels better than not being good to them.

I want to remember that I can choose to be kind, even if others around me are not being kind.

I want to remember that I can always make the choices that feel right in my heart, even if others are making different choices.

I want to remember that I am good even if I make mistakes.

I want to remember that sometimes I'm going to fail or mess up, and that will never change my value.

I want to remember to learn from my mistakes.

I want to remember that doing my best is enough.

Sometimes I forget that doing my best looks different than someone else doing their best.

Sometimes I forget that working toward things that matter to me takes discipline, but it is always worth it.

I want to remember that my value does not come from how I look or what I wear or what I can do. I am valuable no matter what.

Sometimes I forget that I'm not alone in the world... there are people who really care about me.

Sometimes I forget that I was a little kid not very long ago, and that it's hard to learn how to be an adult.

Sometimes I forget to go outside and move my body. I want to remember to do that.

I want to remember that people make it through hard days all the time, and I can too.

I want to remember to rest when I'm tired.

I want to remember that no one is perfect and I don't have to be perfect either.

I want to remember that keeping secrets inside hurts, and it feels better to open up to someone I trust.

Sometimes I forget that I can ask for help.

Sometimes I forget that I get to try out lots of things in life. I don't have to commit to one thing right now.

I want to remember that I have lots of time to decide what I want to be when I grow up.

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 my age.

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

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

I want to remember that having fun is awesome... I don't have to take life so seriously all the time.

I want to remember to say kind words.

I want to remember to tell the truth.

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'm perfectly imperfect.

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 want to remember that I've worked really hard to learn a lot of things, which I should be so proud of... 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 want to remember that sometimes when I ask for something I really want, the answer will be no, and 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 ask for help with what I want to do. I want to remember to always ask for the help I need when I want to create something.

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

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

I know that I can think of new ways to do things... ways that might work better for me than the way I used to do it.

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 to work toward having that too. Sometimes I just need to ask.

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

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

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

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

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

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

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 sometimes I'll feel like doing something that isn't very good for me... at those times, I want to remember to choose what is best for me instead.

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

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 feelings can be hard to talk about. Painting or writing in a journal or making something or singing along to some good music are awesome ways 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 to use 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.

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 I'm 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 always want to notice the awesomeness of nature... the floating clouds in the sky, the trees blowing in the breeze, the amazing animals. I always want to spend time outside playing and enjoying nature.

Sometimes I forget to run like the wind and swing on the swings and feel free... I want to keep having fun like a kid, no matter how old I get.

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 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... and there are lots of ways to make boring things fun.

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

I hope I always remember what peace feels like, and that I will seek out and create ways to feel more peace.

I want to always remember how good it feels to help someone.

I want to always make sure I take care of myself in the best ways I can, and once I've done that, I want to 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 journey walking down a road... my road is different than the roads of others, and that's okay. I always want to choose what's best for MY road.

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 in charge, and sometimes someone else gets to be in charge... but no matter what, I can always choose not to do something that doesn't feel right.

I want to remember that it's important to try and try and try, until I get to where I want to be 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 laugh when I feel like laughing.

I always want to remember that when I make a mistake, I am still good. Every single person alive makes mistakes.

I always want to remember that I make a great 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 mean anything about the person 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 a trusted adult 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.

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 that 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's okay to feel scared sometimes.

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 it's okay to change my mind, especially when things don't feel right.

I always want to remember that my gut is smart. It knows when something is right or wrong. I always want to listen to my gut.

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

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

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

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

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

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.

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

I always want to remember that I have so much time ahead of me... it's okay if some things take a while to figure out.

I always want to remember to spend time with friends who make me feel encouraged, lifted, and loved.

I always want to remember to be a kind and encouraging friend.

I always want to remember that I can choose to spend less time with a friend who isn't a good match for me.

Sometimes I forget that my family loves me so much and wants the best for me.

I always want to remember to give myself a break... I'm doing a great job.