

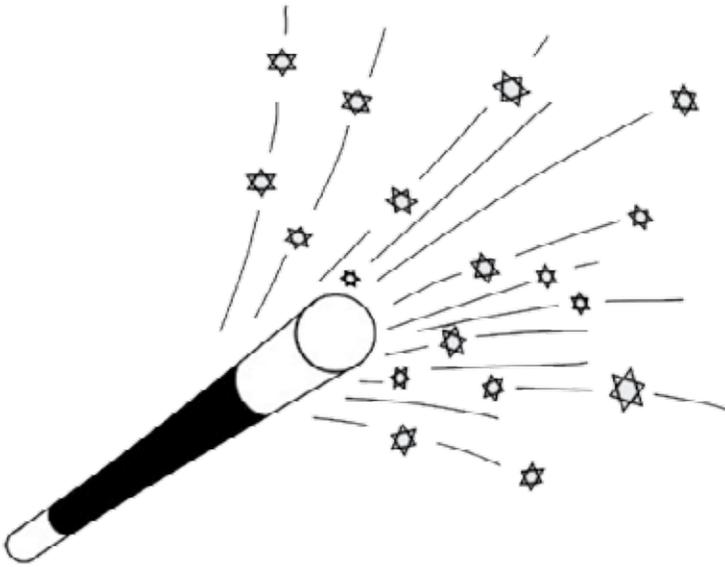
Step 3: Taking Action! Summing up!

This is just another step on the way to creating the life you want.

	SETTING GOALS
+	CREATING A MAGIC VISION [NEW STORY]
+	TAKING INSPIRED ACTION
=	AN AWESOME LIFE!

Chapter 3

Feeling Magic about Yourself – Discover You!



What are your Strengths?

Feeling great about yourself is the secret to attracting good stuff for the rest of your life!

When you feel great it doesn't matter what goes on around you – you know your OK, worthy and deserve the best!

A good first step is to think about your strengths – the things you're good at. We all have them!

If you are feeling poorly about yourself it can be hard to find anything good about yourself at first. And there sure is a lot – you've just buried it all deeply.

Let's take some time to discover your strengths!



I recognise and congratulate myself on my strengths and achievements!

What are your Strengths? (continued)

QUALITY	RATING	QUALITY	RATING
Reliable		Independent	
Friendly		Supportive	
Cheerful		Responsible	
Positive		Hardworking	
Creative		Enthusiastic	
Careful		Adventurous	
Funny		Protective	
Talented		Thoughtful	
Sensible		Determined	
Relaxed		Brave	
Warm		Patient	
Happy		Confident	
Caring		Organised	
Honest		Sensitive	
Loving		Polite	
Helpful		Forgiving	

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Play with this idea!

Go through this list of strengths and rate them with

- » “A” = always
- » “S” = sometimes
- » “N” = never (these are your opportunities to grow if you would like to have them)

You will most likely be pleasantly surprised by how many you have!

Another idea is to ask someone close to you, e.g. a friend, family member or teacher, to go through the downloadable strength cards and let you know what strengths they think you have. You may well be surprised how others see you!

What are your Strengths? (continued)

My Strengths – Worksheet

Strengths I have	Strengths I have sometimes	Strengths I don't think I have at the moment (opportunities to grow)



Now you have listed your strengths, write them down on this work sheet and read them often.

Congratulate yourself!

Start to take note of when you use your strengths in all areas of your life.

You are starting to discover the real you!

What are your Strengths? (continued)

Let's talk about "intelligence".

Quite often we judge ourselves, or other people judge our worth, by what is called "IQ" or intelligence. The IQ they refer to is usually about how well we can remember data, spell, write, understand information, or add up etc.

Many people go right through their life feeling worthless because they seem to struggle with these skills. One big reason for this is that we pick up messages from other people in our very early years. We believe the messages are true, whether they are or not. (We will talk more about this in the following few pages.)

Some of us take longer to learn new things than others and that's ok! If we get messages that we are a "slow learner" or even judged as "dumb" we might mistakenly think that is true. For some people this can affect their whole life and hold them back.

The "IQ" talked about above is important of course, however it is just one small part of the package of who we are. There are several other types of "intelligence" that are just as important.

Howard Gardner, talks about 7 different intelligences.

- Do you enjoy writing, reading, telling stories or doing crossword puzzles?
- Are you drawn to arithmetic problems, strategy games and experiments?
- Are you athletic, a dancer or good at crafts such as sewing or woodworking?
- Do you think in images and pictures? Do you enjoy mazes, doing jigsaw puzzles or drawing?

- Are you always singing, drumming or playing music?
- Are you a leader amongst your friends? Do you understand and get on well with others?
- Do you like your own company? Are you very aware of your own feelings and self-motivated?

A unique intelligence is needed to do any of the things listed above – they are all special in their own way. Usually we become good at the things we enjoy the most!

Daniel Goleman talks about Emotional Intelligence or “EQ”. This has four important parts.

- » Being aware of your own feelings or emotions
- » Being skilled at managing your own emotions and reactions
- » Understanding of the emotions and reactions of other people
- » Being skilled at managing and building relationships

Your journey through this book is focused on the skills marked with the arrow bullets above. They are the skills we call “Magic Tools for life”.

Being aware of and being able to manage your thoughts and feelings and build great relationships is so important. EQ is highly recognized in the workplace today, especially for managers and leaders.

I celebrate my whole package of intelligence!

What are your Strengths? Summing up!

This is getting very exciting!

- » Recognise your strengths
- » Draw on them often
- » Feel empowered and confident from here on in!

Letting go of negative beliefs!

As babies we let everyone know what we need instantly!

It's all about what's happening in that very moment, with no worries about the past or fears about the future.

As we grow we start to pick up messages from the people around us. We start to form a picture about who we are, our worth, and our place in the world.

If negative things happen to us we feel worse, and sometimes blame ourselves. It feels a bit like a downhill spiral!

Sadly, for many of us we can distort this picture and often start to believe things about ourselves that simply are not true.

Another common trap is that we think our value is measured by what we do, instead of who we are – a special and unique person.

By letting go of our negative beliefs we can start afresh!

Examples of mistaken beliefs:

“I’m not very clever”

“I am ugly”

“I’m different from everyone else”

“I must not say no”

“I can’t catch a ball”

Examples of negative experiences:

“I am often bullied”

“I am often treated disrespectfully”

**A belief is just a thought that you think over and over
until you believe it is true!**

Letting go of negative beliefs! (continued)

Play with this idea!

Let's look at the beliefs you hold. You now know that you have many strengths!

The aim is to focus on the negative or mistaken beliefs you hold. Think of anything at all that you know holds you back. There could also be bad experiences that you think about a lot. List them down too.

Write them down in a dot point list with a bit of space between them.

When you have your list, cut each belief separately and place it in a paper bag labeled "Can of Worms" or "COW". The list is personal and you don't need to show anyone.

Great – that's the hard bit! Now you have extracted the COW from within yourself - it's time to get rid of it forever! Say out loud!

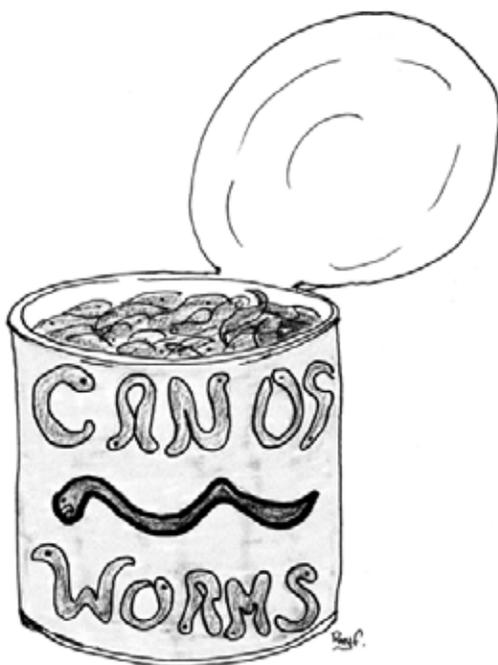
"I have carried this "Can of Worms" far too long and I don't need them in my life anymore! From this moment on, I reclaim my self-esteem and release the "new me"!

Think about how you might chuck the COW, e.g. burn, bury, shred it. This is a really important thing to do!

If after chucking the COW something else comes up you can do it all again with that worm too.

Say out loud!

“I have carried this “Can of Worms” far too long and I don’t need it in my life anymore! From this moment on, I re-claim my self-esteem and release the “new me”!



I choose to live my life without a can of worms!

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Letting go of Negative Beliefs! Summing up!

This is getting exciting!

IDENTIFYING YOUR CAN OF WORMS (COW)

+ CHUCKING THE COW

**= A HEALTHY ESTEEM AND THE PATHWAY TO
A NEW AND EXCITING LIFE**

Know your basic rights

We all have equal rights, however when we are swallowed up by our old beliefs or the COW, we either forget that we have them or simply don't think we deserve them

Now that you have let go of your COW, let's revisit your rights and claim them back!

**Remember we are all entitled to these rights
– each and every one of us!**

**What this means is that we can openly
claim our rights while respecting the right of others
to claim their rights too!**

My Rights

1. I have the right to create a magic vision - and go for it!
2. I have the right to love myself (or even like myself a lot!)
3. I have the right to let go of my old beliefs
4. I have the right to say "yes" or "no"
(with respect to the situation)
5. I have the right to make mistakes, to grow and learn
6. I have the right to make my own decisions
(with awareness of the consequences)
7. I have the right to feel good, no matter how people are
behaving around me
8. I have the right to be sensitive to others,
but not take on their problems
9. I have the right to voice my opinion
(while respecting the opinion of others)
10. I have the right to ask others for help or support
11. I have the right to feel free
12. I have the right to just "be me"

"I am proud to claim these rights as my own!"

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Understanding communication

Did you know that many of us are very sensitive to the opinions of other people? This is usually because we have grown up trying to please other people to help us feel good about ourselves.

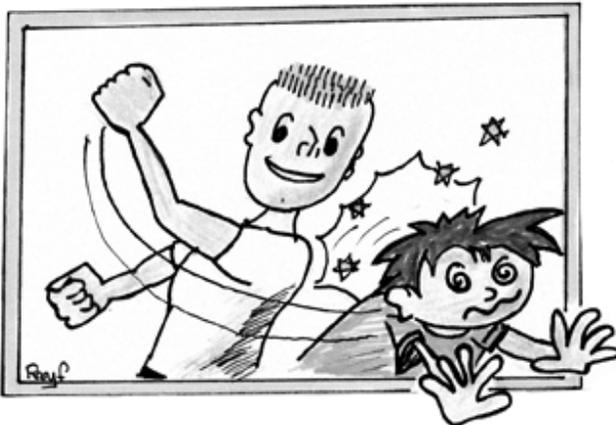
It's good to care about the opinions of others, however, not to be too sensitive. If we are too sensitive we are usually aggressive or passive in our behaviour.

There are three main ways of communicating.

1. Aggressive behaviour

This is where people push their views on you, meet their needs and don't care about yours - "fight" response. This is often because they have low self-esteem and are subconsciously trying to overcome that.

Bullies often behave this way.



***They use words such as "You don't know anything"
"I'm in charge here"
They blame others for most things!***

2. Passive behaviour

This is where people withdraw and seem to always meet the needs of others and not their own - “flight” response. This is usually because they too have low self-esteem. They just act it out in a different way.

Someone bullied often behaves like this.



They use words such as “It’s ok, I’ll stay and look after your things...” “I’m sorry I didn’t mean to...” ”

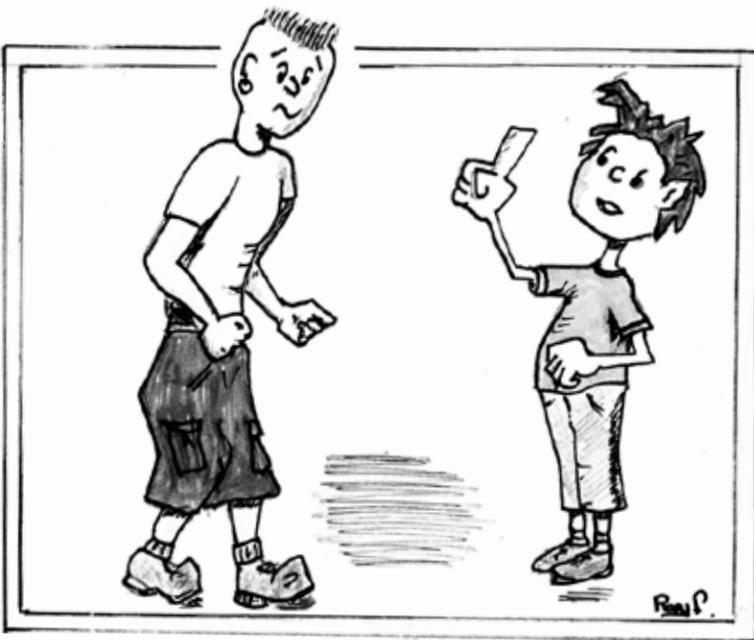
They often feel shame and blame themselves for most things!

Understanding communication (continued)

3. Assertive behaviour

This is the one to aim for. Where you meet your own needs while still respecting the needs of others – win-win response where possible.

Someone who overcomes the effects of bullying behaves in this way.



They use words such as “I choose not to take that on!”

They are empowered and take 100% responsibility for their own thoughts and actions!

Here are some tips to become assertive!

1. Use "I" statements. "I don't want to join you on this one".
2. Make a joke. Sometimes humour is the best way to respond to a situation.
3. Give a reason why it's a bad idea. "I don't want to have a drink because I have seen what it does to other people."
4. Just say no, plainly and firmly. "I don't want to do this."
5. Suggest an alternative activity. "I suggest we think of other things to do."
6. Repeat yourself if necessary. "I'm sorry, I'm not into this."
7. Leave the situation. "I need to go, I have other things to do."
8. Thanks, but no thanks. "Thanks for the offer but this is not my thing."

Play with this idea!

How do you communicate?

- » Are you aggressive, passive or assertive?
- » How do you feel about it?
- » What would you like to change?
- » What steps will you take to make the change?

Understanding communication – Summing up!



Aggressive

= meeting your needs at the expense of other people



Passive

= meeting the needs of others at the expense of yours



Assertive

= meeting your own needs with respect to the needs of others!

Quickly releasing strong emotions!

Imagine if you had a way to quickly let go of strong feelings or emotions!

Strong emotions can hijack you! They take over your whole body. You seem to have no control at all of what you are doing or saying.

When you feel a really strong emotion try to find a quiet place to go through the following exercise (maybe slip into the toilet if you can). It works if you are angry, sad, depressed, stressed or anything else.

You can practise this so you are well prepared. Just imagine an emotion that hijacks you often and work through the simple steps on the next page.

With practise you can release your strong emotions quickly and easily!

Letting go of strong emotions

Centre yourself	Find a quiet spot Breathe slowly in and out
Name the feeling	Try to come up with a word, e.g. "anger" Focus on the word for a few seconds
Feel it in your body	Drift your attention from the word to your body What physical sensations are you feeling? Are your fists clenched tight or do you have a pain in your stomach?
Express the feeling	Put your hand on the place of pain, e.g. your stomach Out loud say "it hurts" here! Do the same for the other places that you feel pain
Let go of the pain - put it out!	Still keep your hand on the pain With every outward breath, breathe out the pain Let it go. Breathe it out.
Tell a new story without the pain	Tell yourself that you don't need this pain anymore That you are now able to think clearly and calmly
Celebrate	Congratulate yourself on being about to take your control back, feel empowered and able to deal with life

Quickly releasing strong emotions! (continued)

Did you know that there is a place in our brain that filters and triggers our emotions. It's called the "amygdala".

The amygdala sets off a response plan and it can happen in a split second if we aren't aware of it. For example a caveman suddenly senses a dinosaur. His brain recognises the danger - the amygdala responds - it triggers a chemical called adrenalin which enables him to act instantly!

His response would be either "flight" - run for his life! Or "fight" - go into attack!

Thankfully we don't have to deal with dinosaurs these days! We do have tricky situations though and the amygdala is still there to look out for us. Unfortunately at times it does hijack us to respond in a way that doesn't serve us well. We might respond in anger and lash out at someone, or we might hold the anger within, which causes lots of stress.

By learning to recognise our emotions quickly and have a plan to breathe them out – life is so much easier!



Quickly releasing strong emotions!

Summing up!

- » Don't let your amygdala hijack you!
- » Breathe away that nasty emotion
- » Take control and respond – not react!

Loving yourself enough

“I love myself!” To hear this, most people instantly think he/she is on themselves or they have a big ego!

The “ego” or personality is the outer part of us, the part the world often sees first. We play lots of different roles in life – in the story we tell about ourselves. The ego is often a big part of these roles.

Think about the roles you play and how they are all different, e.g. a son or daughter, a friend, a student, a sports person, a horse rider. Some roles feel good, and others are uncomfortable and very different from what you know is the real you.

Play with this idea!

- » What different roles do you play in your life?
- » Which ones feel good? Why?
- » Which ones don't feel so good?
- » What could you choose to think and do differently to feel good about those roles too?

When you love and respect yourself enough – the people around you will love and respect you too!

Did you know that if you don't respect yourself and you tell yourself "I am useless", the people around you will also tell you "you are useless!".

Even if others don't actually say it, you sense that they think it.

Loving yourself enough allows you to play the most comfortable role of all – to be yourself!

It's an "inner love" which is very different from "ego love". It shines outward! You just seem to glow!



Loving yourself enough (continued)

Play with this idea!

Loving myself enough! Stand in front of the mirror. Look deeply into your eyes – really deeply as if you are looking into your soul. Soothingly repeat these words to yourself.

“I accept you” then breathe out and in.

“I believe in you” breathe out and in.

“I am special and unique”

“I love you more and more every day”

If this is a bit too hard, you can say “I like you more and more every day!”

Here is another good habit!

- » Make a time each morning or before bedtime to think about the special things that are uniquely you.
- » Congratulate yourself on the strengths you discovered earlier and how you use them in different ways.
- » Congratulate yourself too on getting rid of that old “Can of Worms” and welcome the “new you!”

Loving yourself enough: Summing up!

- » Feel good about yourself!

- » When you love yourself enough other people will love and respect you too!

Seeking help!

Sometimes you just know that you need some extra help and are not quite sure who to ask.

- » It could be something that happens to you and you're not sure what to do about it or how to respond
- » Perhaps one of your family members or friends is unwell and you just simply need someone to talk to
- » Maybe you are feeling down and can't pick yourself up as quickly as you would like to
- » If you are feeling down for a couple of days or more it's a signal to ask for some help

Knowing you have a good Support Group at the ready is really important in lots of ways!

- » It's comforting to know you have people to ask for help
- » Two heads are better than one
- » Sometimes things can seem worse than they really are and talking about it helps a lot
- » There may be times when it is really important to get help asap

Build a list of the people you can talk to, at home, at school and in the community. Include some "Magic Champions" at the top of your list. These should be people that have the magic skills that you have learned and they can remind you how to use them when you are going through a rough patch.

Can we
have a talk.



Play with this idea!

Make a list of the people in your support group:

- » “Magic Champions” who think like you do
- » Parents, grandparents, aunts or uncles
- » Brothers, sisters, cousins
- » Teachers, principal, school counsellor or other adults at school
- » Older students, school captain, prefects etc
- » Close friends, other friends
- » Neighbours, police
- » Online support websites, phone helplines

Seeking help! (continued)

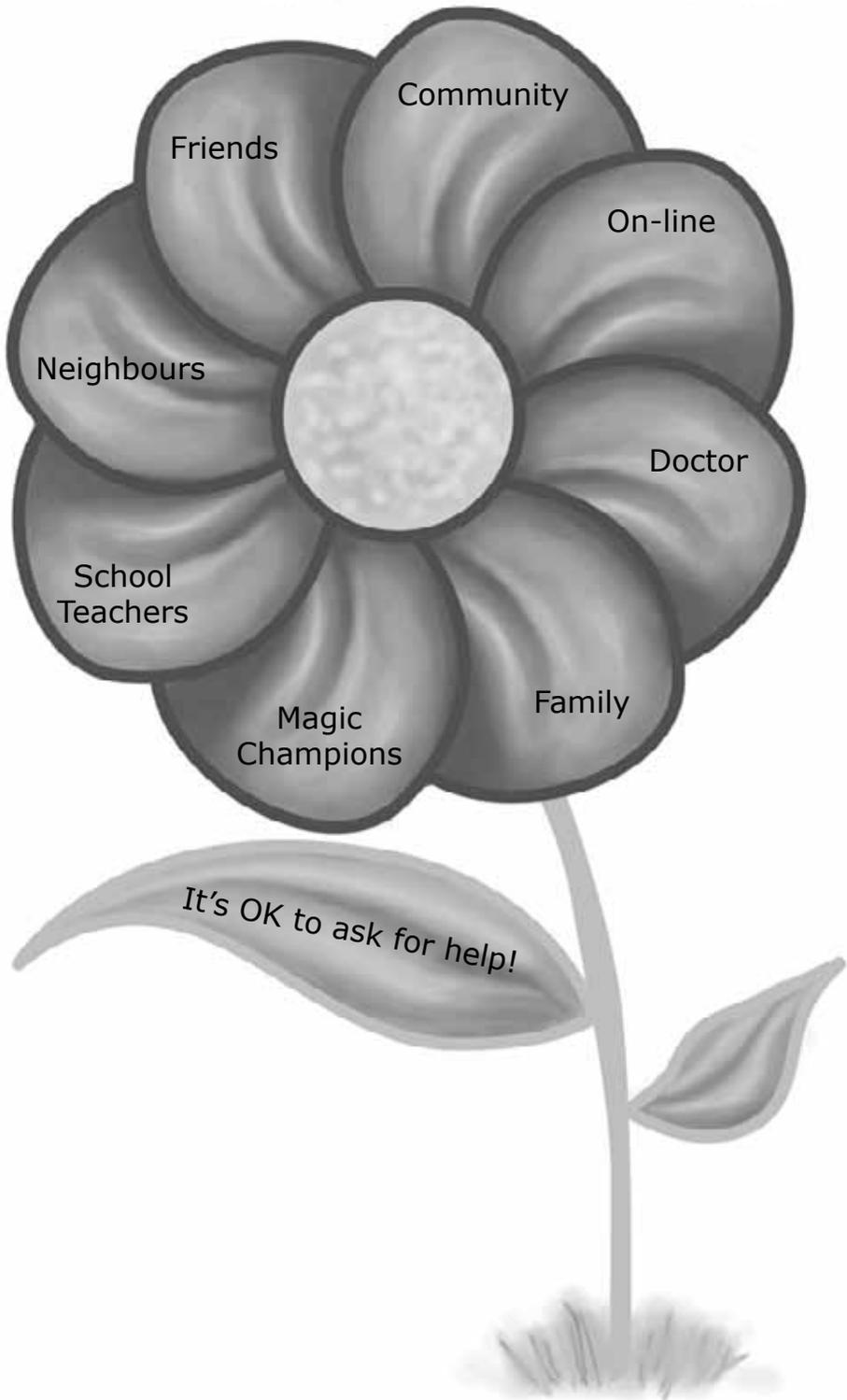
Help Lines

Kids Help Line (24 hours)	1800 551 800
Suicide Help Line	1300 651 251
Domestic Violence Help Line	1800 800 098
Alcohol and Drug Service Info	1300 131 340
Youth Beyond Blue	1300 224 636
Life Line	13 11 14

Websites

Headroom	www.headroom.net.au
The Source	www.thesource.gov.au
Kids Helpline	www.kidshelp.com.au
Reachout	www.reachout.com.au
Youth Beyond Blue	www.youthbeyondblue.com

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A big part of our journey is to learn and grow!

If we are in the right mindset tricky situations (negative experiences) help us to do just that!

It's not about having the tricky situation that matters. It's about how you handle it that matters most of all!

The Magic tools in this chapter help you quickly leapfrog over tricky situations and move back into the Magic Zone!

Practice makes perfect! It may not happen overnight – however it will happen!

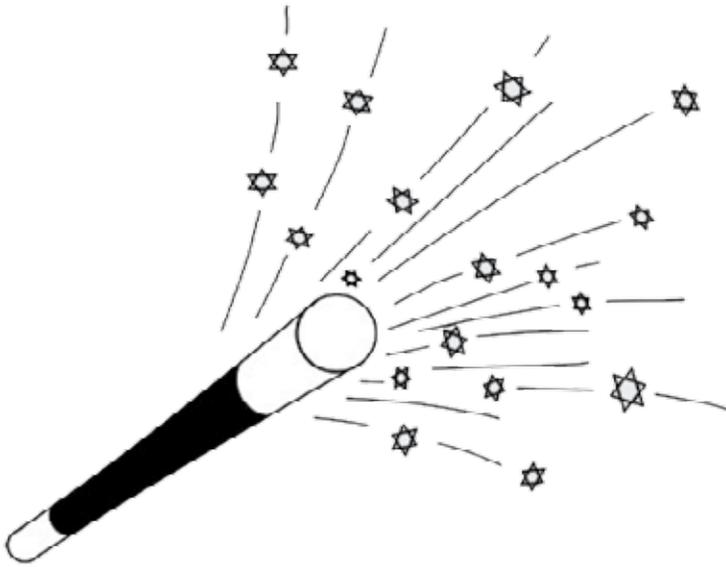
“Tricky situation”

... learn ...  ...grow...

“tricky situation”learn  grow
..... 

Chapter 4

Living in the Magic Zone – the Mind Stuff



Telling a new story!

Telling a new story about yourself is another really important thing to help you create the life that you want!

Remember the picture you had of yourself before you chucked the Can of Worms - “COW” in the last exercise?



Remember your “old story” and the messages you kept telling yourself?

Maybe it went something like this!

“What a sad old thing I am. I don’t think anyone really likes me, hey I don’t really like myself all that much!” “Things just always seem to go wrong for me. My parents are from another planet, my teachers give me a hard time a lot.” “I’m not sure where I’ll end up.” “What a sad old thing I am!”

We’ll that was in the past – you have now:

- » Discovered your many strengths!
- » Chucked away the “COW”
- » Learned to focus on what you want!
- » Know the importance of reaching for good or better feelings!

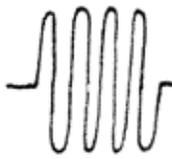
Telling your “new story” will get easier and easier from here on in!

Telling a new story! (continued)

Tricky Situation: Meeting a bully

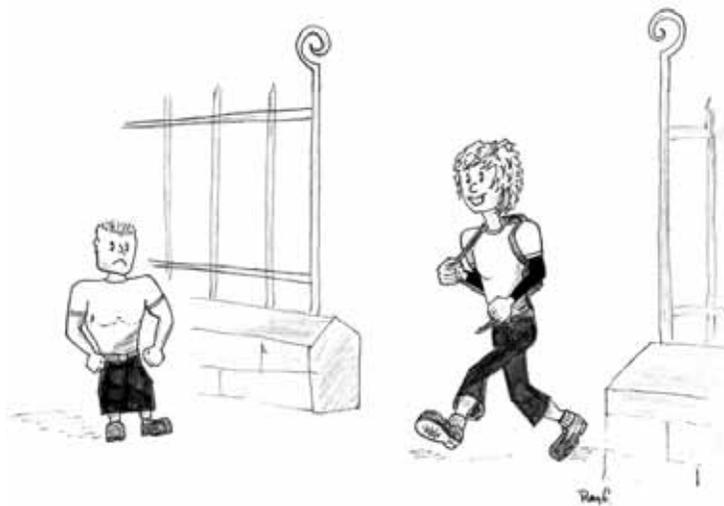


My “Old Story” (The C.O.W. is in charge)

My Thoughts	My Feelings	My Actions
<ul style="list-style-type: none"> » Oh no, there's Bully Bob » I hate the names he calls me » I just want to run away 	<ul style="list-style-type: none"> » Scared » Angry » Out of control 	<ul style="list-style-type: none"> » Put my head down and run through the gate » Frown and shake as I run 

My “New Story”

My Thoughts	My Feelings	My Actions
<ul style="list-style-type: none"> » There’s Bob at the gate! » If he call me names, I know it’s his problem not mine » I’ll draw on “my strengths” and walk calmly on by 	<ul style="list-style-type: none"> » Confident » Calm » In control 	<ul style="list-style-type: none"> » Hold my head high and walk calmly through » Smile and say “Good morning Bob” and keep walking 

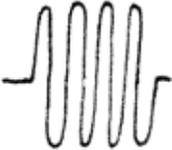


**I know what I think about I can bring about
– and I can choose my thoughts!**

Telling a new story! (continued)

Tricky Situation: Getting a nasty text message

My “Old Story” (The C.O.W. is in charge)

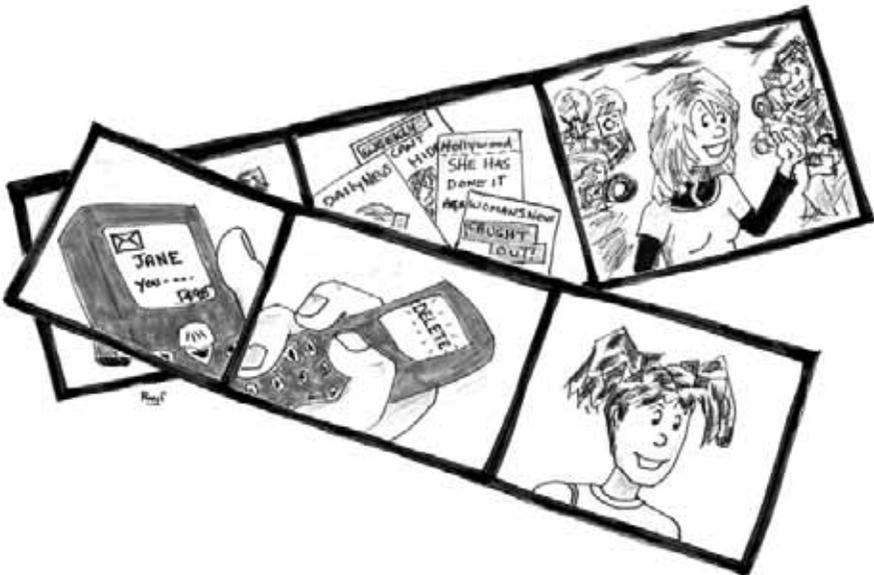
My Thoughts	My Feelings	My Actions
» Another nasty message from Jane. I think I’m going to be sick! » What am I going to do, I don’t know how to stop this! » I can’t believe she hates me so much!	» Shaken up » Alone » Helpless 	» Read the message » React and tell a friend » Send a nasty message back 

Did you know?

Famous people including movie stars often have negative things written about them that simply aren’t true. They manage it successfully by not reading it in the first place!

My “New Story”

My Thoughts	My Feelings	My Actions
<ul style="list-style-type: none"> » That looks like a yuk message, I’m not going to look at it » If I worry about it I’ll get more of this » This isn’t about me! Jane must be pretty sad to do this! 	<ul style="list-style-type: none"> » Calm » Confident » Empowered 	<ul style="list-style-type: none"> » Ignore and delete the message » Forget about it asap » Move on to do “feel good” things 

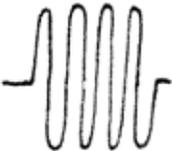


Telling a new story! *(continued)*

Tricky Situation: Ignored by my "circle of friends"

My "Old Story" (The C.O.W. is in charge)



My Thoughts	My Feelings	My Actions
<ul style="list-style-type: none"> » I can't believe the guys would do that to me again » There must be something really wrong with me » I'll never make friends 	<ul style="list-style-type: none"> » Hurt » Angry » Lonely 	<ul style="list-style-type: none"> » Cry a lot » Withdraw and stay inside by myself 

My “New Story”

My Thoughts	My Feelings	My Actions
<ul style="list-style-type: none">» That could be hurtful if I let it» I’m proud of who I am and I know I’m a good person» I’ll get over it, and new friends will come along	<ul style="list-style-type: none">» Annoyed then calm» In control» At peace with myself 	<ul style="list-style-type: none">» Do things that make me feel good, e.g. read, walk the dog» Be my usual friendly self 



Telling a new story: Summing up!

CHOOSE YOUR THOUGHTS

+ CREATE BETTER FEELINGS

= A POSITIVE NEW STORY FROM HERE ON IN

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"Old Story" vs "New Story"

What "tricky situation" from the past would I like to turn into a new story?

How would the "old me" respond (with the COW in charge)?	How would the "new me" respond?
My Thoughts	My Thoughts
My Feelings	My Feelings
My Actions	My Actions
The more you stay here, the more of this you get! It's about what you don't want!!	By choosing to move here you will attract more good stuff. It's about what you do want!!!
This is what I don't want!	This is what I do want!
Affirmation: I can choose my thoughts and create my "new story"	

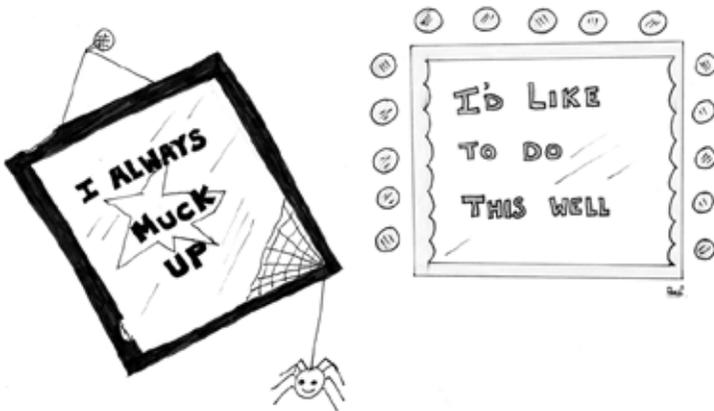
Playing the reframe game

Telling a “new story” has so many benefits. As you now know it’s about choosing different thoughts to create a different ending to your story or reframing.

You can reframe words or phrases in general conversation too.

Did you notice that while you told that “old story” of yourself that negative things happened to you a lot of the time? It works like a reflection in a mirror!

Now that you get that, it’s very exciting! All you have to do is start to tell your “new story”, respect yourself and guess what? The mirror of life will reflect back people who respect you too!



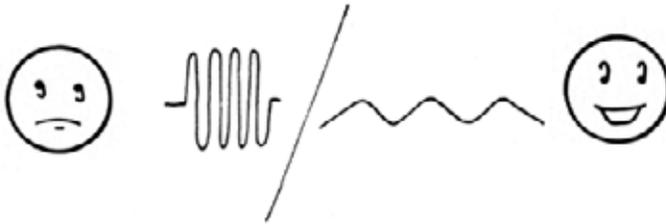
Reframing your words to positive ones creates a new story and very quickly!

Reframing is simply changing the words or sentences to create a different feeling about them!

Playing the reframe game (continued)

You can reframe negative words into positive ones!

You can turn a glass half empty into a glass half full!



Reframe your “negative” words into “positive” words

YOUR WORDS	YOUR REFRAME
"I always muck up"	"I would like to do this well"
"I feel so helpless"	"I know my strengths will get me through this"
"She is always messing with my things"	"I will ask her to respect my things"

You can also reframe from past tense to present tense or future tense.

PAST TENSE WORDS	YOUR REFRAME
“I’ve never liked myself”	“I’m learning to like myself more and more every day”
“I can’t spell very well”	“I’m improving my spelling, which is great”
“I often have really down days”	“I’ve got some good tools to pick me up when I feel down”

Reframe your friends' negative words for them.

YOUR FRIEND’S WORDS	YOUR REFRAME
“No-one cares how I feel”	“How would you like others to care for you?”
“Come on let's do it – you’re nothing but a scaredy cat”	“It doesn't feel right to me, thanks I won't join you”
“I don't like you”	“How would you like me to be different?”

Play with this idea!

Think about a time when someone said negative things to you

- » What words were used?
- » How could you reframe them to have a happier ending?

Playing the reframe game: Summing up!

Reframing changes words to create a different feeling.

- » Change negative words or phrases into positive ones

- » Turn your lemons into lemonade and tell your new story

Living in the present moment

Do you ever notice a little (or sometimes BIG!) voice in your head that tells you stuff that makes you feel bad or sad in some way? Worrying about the future, feeling angry or sad about the past – this is how most people live their life!

That little voice in your head goes over and over just like a recording. Maybe something like this:

“I wish I didn’t do that”

“I’ll never forgive her for that”

“How embarrassing, how can I face everyone again?”

“It makes me feel sick when I think about having to do that”

We miss out on the magic of the present moment when we listen to that voice. Let’s call it the “nagger”.





A great way to stop the nagger is to think about it as a separate thing from you – which it is!



Once you do that, you know that the nagger is not you, it then starts to lose its power over you and you begin to notice times when it disappears.

**All we have is this moment, now, today!
Knowing this you can begin to notice how
special each moment is.**

Living in the present moment (continued)

Let's look at some good ways to get into the "present" or the "now". Practise by giving your full attention to what you are doing as often as you can.

For example, if you are walking to school

- » Feel your feet on the ground as you take each step
- » Notice your breathing
 - » What can you see?
 - » What can you hear?
 - » What can you smell?

Your breath is one of the biggest gifts that you have. If you notice the nagger coming back – focus on your breath

- » Focus on every breath
- » Say slowly to yourself
 - » I am breathing in (hold)
 - » I am breathing out (hold)
 - » Notice your stomach filling up and emptying as you breath.
 - » I am breathing in (hold)
 - » I am breathing out (hold)
 - » Repeat and then breath normally

Live in the present moment as much as you can. When you are talking or listening try to give it your full attention. You are then connected to your inner being – the truly special and unique person that you are!

Living in the present moment: Summing up.

Wave your magic wand and banish
the “nagger”

Bring your focus to the present
as often as you can

You will then receive the gift of every
moment - every day

**Yesterday is history, tomorrow is a mystery,
today is a gift — that’s why we call it the present!
– source unknown**

Saying thank you!

“Have an attitude of gratitude.” Have you heard people say that? What this means is you say thank you for the good things in your life every day.

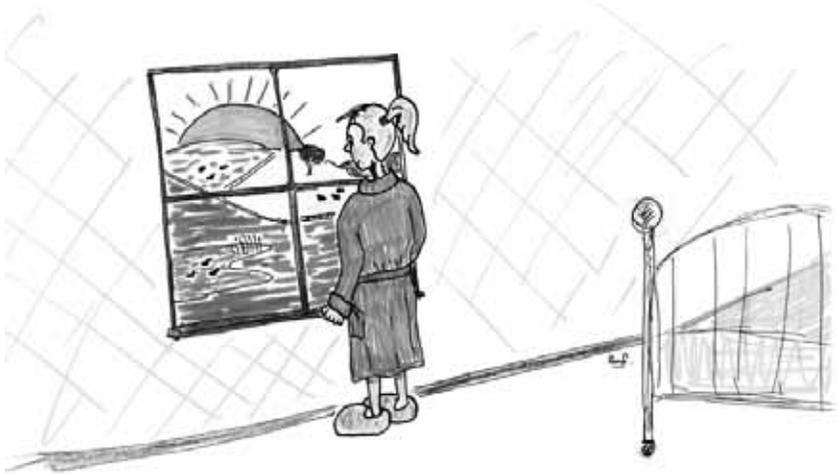
We get a warm and fuzzy feeling when we think about the good stuff – it makes our heart seem to grow.

Remember the No.1 Rule in the Magic Rules? What you focus on grows!

So focusing on the good things – no matter how small – and saying thank you will bring more and more of them. At the beginning and end of each day - thinking about the good stuff is a great habit to start.

You could do this when you wake in the morning or as you walk to school.

**I am so happy and thankful for the big
and small things every day!**



Get warm and fuzzy - say to yourself silently or out loud:

I am so happy and thankful for

» This lovely new day

I am so happy and thankful for

» My treasured family and friends

I am so happy and thankful for

» My good health

I am so happy and thankful for:

» The new things I learn every day

Saying thank you! (continued)

The evening is another time to notice the good things that happened through the day. Size doesn't count!

Even on a not so good day you can find something to be thankful for if you look closely.

It could be:

- » I enjoyed my art lesson
- » I caught up with my friend at recess
- » I enjoyed reading in the library
- » Dinner tonight was really yum!

When you say thank you, really feel it and mean it - you are in the Magic Zone and attracting more and more things to be thankful for!

Play with this idea!

Q. What things are you thankful for?

- » At home?
- » At school?
- » In the community?

Make your list right now and get into the habit of reading it out at least once a day. You will be really thankful you did!

Happiness is spending time with friends



Saying thank you! Summing up!

Say thank you often for good things
– no matter how small

Get into a warm and fuzzy zone

Remember: what you focus on grows

The power of affirmations

Remember we learned earlier that a belief is just a thought that you think over and over and believe to be true?

Affirmations are words that you declare to be true (affirm = declare).

- » A negative affirmation might be “I am worthless”
- » A positive affirmation might be “I am special and unique”

The great thing about this is that you can take anything you want to think, feel or do differently, make it into a statement and repeat it over and over each day in your mind until it becomes a belief.

Sometimes people say that affirmations don't work. That they have tried and tried them and nothing changed for them.

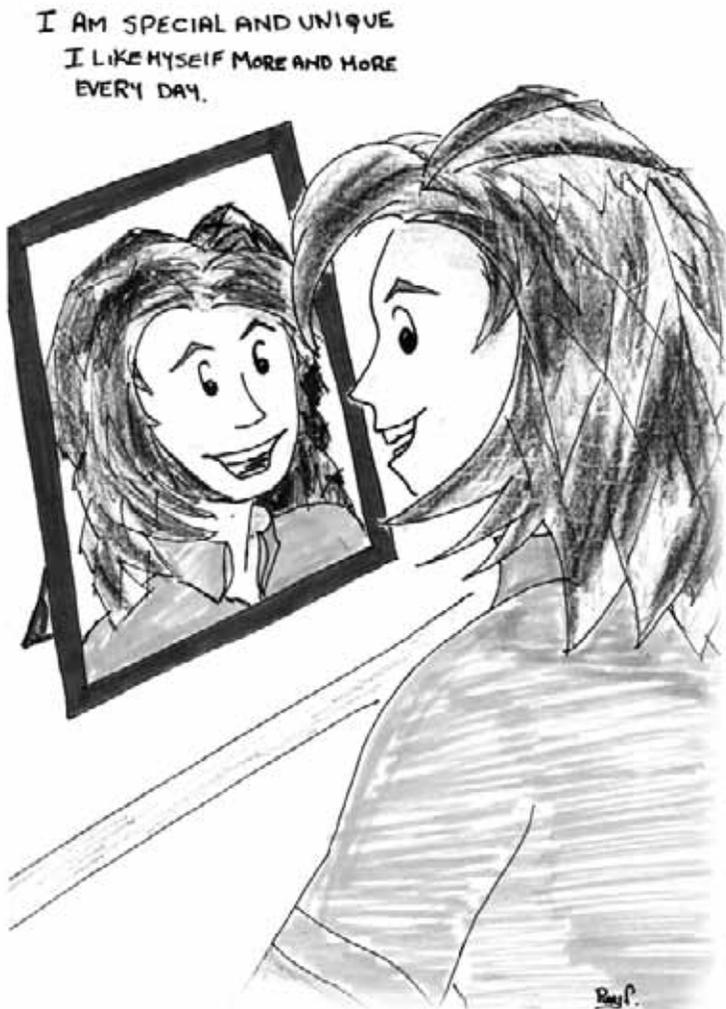
The reason that they don't work for some is that if you are not really connected to yourself, and don't feel good about yourself on the inside, this sometimes gets in the way of letting the affirmation come true.

If we use the example “I am worthless” and try to jump to “I am special and unique”, it's probably too big a leap in one jump.

To say “I am learning to like myself more and more everyday” might be much more believable and a better place to start.

Learning the Magic Tools in the “Feeling Magic about Yourself” section will give you a great start in getting a power surge from your affirmations.

The other blocker for some people is that they might have a positive affirmation like “I have a lot of money” however at an inner level their focus is on “I need more money”. They are still feeling and sending out the vibration of what they don’t want. Because of this they don’t have much chance that the money will come to them.



The power of affirmations (continued)

Here are some tips to help with affirmations.

1. Always state your affirmation in positive words
2. Begin each affirmation with “I can”, “I am”, “I will”, “I have”
3. Say your affirmation over and over, whenever you think about it
4. Look in the mirror and say your affirmations out loud
5. Write your affirmations down
6. Make sticky notes of your affirmations and put on the fridge, mirror or somewhere you will see them often
7. Close your eyes, relax and create a picture of what it would be like to have what you want

Play with this idea!

What would you like to change about the things you think, feel or do? Make a list of the things. Turn your list into affirmations using the tips above. If you write something, that doesn't quite feel believable at this stage, use words such as:

“ I am willing to

“Every day I am learning more and more to

“I know that having more is getting closer and closer”

Have some fun and play with the ideas you come up with!

The power of affirmations: Summing up!

An affirmation is a phrase that you say over and over until you believe it is true.

When you:

- » Feel Magic about yourself
- » Focus on what you want
- » Use affirmations often

You can create the life you choose!



Notice there are affirmations dotted all through this book!

Making healthy decisions

How exciting to be a teen or tween in today's world. The creative ideas and the speed of new technology is amazing – it almost takes your breath away!

There are more choices available to you than ever before.

Too many choices can be not such a good thing too. It can be over-whelming or almost leave you frozen to the spot and unable to make a decision at all at times. It's heaps worse than trying to pick a meal at a Chinese restaurant – where do you start?

Everyday we make choices about lots of things.

Long-term choices such as:

- » What subject will I do next year?

Short-term choices such as:

- » What will I do at the weekend?

Immediate choices such as:

- » I'm hungry - what will I choose to eat?

Did you know that we are 100% responsible for our choices.

Ask yourself these questions:

- » Am I taking 100% responsibility for my choices and actions?
- » Am I blaming others if things go wrong?
- » Am I feeling shame and blaming myself?
- » Am I justifying why it went wrong (trying to find a reason)?

Am I above or below the line about my choices?

100% RESPONSIBLE

BLAME (look outside)

SHAME (blame myself)

JUSTIFY (I didn't do it because)

Making healthy decisions (continued)

It's the immediate choices that can get you into trouble if you are not ahead of the game!

These are the choices that if you had time to think them through could have a life-long impact such as:

- » Smoking cigarettes, taking drugs or drinking alcohol
- » Doing something you know is wrong such as shoplifting, riding in a fast car
- » Visiting unacceptable sites on the internet
- » Having sex without thinking about pregnancy or sexually transmitted diseases

Peer group pressure is very big and very real. Young people often do things that they know in their “gut” is not good, however want to impress their friends (mostly this happens if people feel negative about themselves).

Now you have discovered you and the special and unique person that you are, you can claim your inner power and say no to the negative stuff AND feel good about it.

Have you heard the term “follow your gut instinct”? It's one of the most important things to take notice of when you are making choices! Remember feelings are the key to what you attract.

A good guide is this:

- » If it feels good and right do it!
- » If it feels bad or wrong don't do it!

The choice is yours every time – keep your inner power and control. Say “no” where you need to!



Become a leader and influence others to make healthy and magic choices!

Making healthy decisions: Summing up!

100% RESPONSIBILITY

+ TRUSTING YOUR GUT INSTINCT

= HEALTHY DECISIONS AND CHOICES THAT SERVE YOU WELL!

Anchoring Magic feelings

Imagine if you had a Magic tool that you could grab and use to change your feelings and state of mind instantly!

There is such a Magic tool – it's called “anchoring”.

It works similar to a baby with a security blanket. You get the same comfort from more subtle means - an object or even some part of your body, e.g. an ear lobe or hands. You could also use a watch or wrist band if you wear it often.

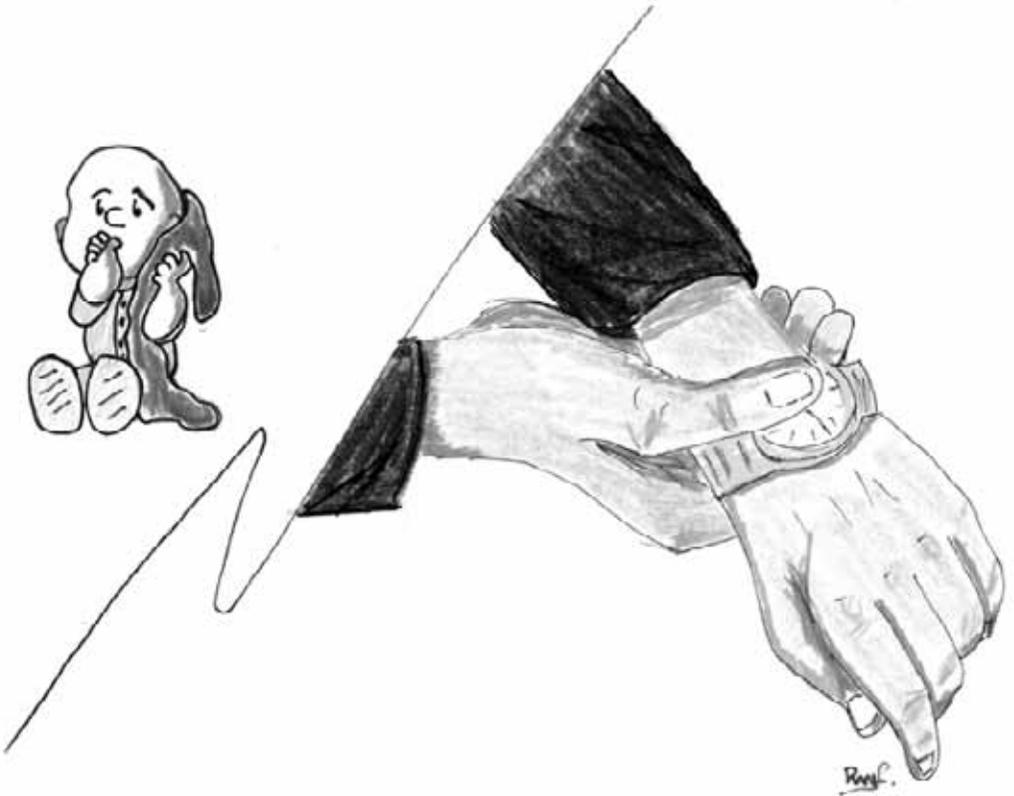
Did you know that a famous Australian Prime Minister would grab his ear when under pressure from the media to empower himself.

For instance: If you have a tricky situation such as:

- » You open Facebook and you see someone has posted a negative comment about you.
- » Your first natural reaction could be to get upset, feel angry even sick, and you are not sure what to do.

Because you have learned how to anchor your feelings:

- » You can quickly get back into the Magic Zone and respond in a way that will take negative energy out of the situation
- » Eventually by doing this, such messages will fizzle out. This is because you are not feeding the negative energy of the sender.



**Anchoring is a fast way to feel secure,
empowered and in control!**

Anchoring Magic feelings (continued)

Anchoring can be helpful for many things

- » To stay calm in an emotional situation
- » To feel confident when you are speaking in a group
- » To focus when you are playing sport
- » To relax when you are searching your brain for answers in a test
- » To lift your feelings when you are feeling down
- » To help you go off to sleep at night
- » Pretty much to access any feeling or state of mind you would like!

Let's now look at the tools to anchor!

You can access an anchored feeling anywhere at any time – in an instant!

Anchor your Magic feelings!

- » Put on some groovy music!
- » Choose a point on your body for your anchor. Hands or ears are good as they are always accessible. Practise at first by pressing or squeezing the point you have chosen.
- » Close your eyes, relax and take a deep breath. Breathe in and out slowly three times
- » Imagine a circle on the floor in front of you. Surround it in beautiful petals, stones or shells in your mind.
- » Think about the feeling you would like to anchor. Let's use "feeling Magic".
- » Recall a time when you felt Magic in the past.
- » Step inside the circle
- » The amazing feeling that you are special, empowered and can do, be or have anything you choose. Make the image as vivid and alive as you can. Run it like a movie.
- » As you run the image squeeze or press your anchor point.
- » Stay with the feeling of "Magic" as long as possible. Use your body, stand tall and proud and really, really take on the feeling! Keep pressing your anchor point.
- » When you are ready step outside of the circle.
- » Practise this several times if you feel you need to.

You should now be able to access feeling Magic whenever you choose.

Visit www.magictools2overcomebullying.com for free downloads

Anchoring Magic feelings: Summing up!

You can access an anchored feeling anywhere at any time – in an instant! How empowering is that!

Learn how to anchor

You can access Magic feelings
— anywhere at anytime

How empowering is that!