

CONFIDENT GIRLS WORKBOOK

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A huge PS from Monique

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Attitude goals: This is one where you try to think positive things so that you *feel* positive things. It's so easy.

Daily goals: This could be brushing your teeth two times a day instead of one or not dropping your clothes on the floor today or...?

Morning goals: Are you a slow-poke? This is a goal that you make to speed you up a little bit. Decide what you can do to go from turtle to rabbit!



Food goals: trying to eat a little bit of a food you don't like very much.

Yearly goals: this is a goal that you give yourself a whole year to work on!

Smiling goals: everyone loves this one! This is a goal where you just smile more. Show your nice teeth and watch how other people do the same!



Speaking goals:

- Say your affirmation daily.
- Say something nice to someone today.
- Try not to raise your voice today.
- If someone tells you a rude or racist joke, speak up and let them know you don't like to hear it.
- Tell someone you love them today.
- Tell someone how much you like them.
- Say "thank-you" more often.
- Acknowledge the janitor at your school.
- Say "hi" to a senior citizen.
- Call an older relative just to say "hi".



These are a few examples of small goals with huge impact. I imagine how good a parent will feel when you tell them you love them. Think about how nice it is to say "thank-you" to someone, especially since so many people forget to.

Everyone loves to have polite kids around them. Is courtesy one of the inner gifts you are working on or is it one of the inner gifts you already rated highly on? YES___
NO___?

Be sure and watch the difference courtesy makes to people you talk to!

List your idea for a speaking goal:

Bye on day 18! See you tomorrow on your second to last day of the 20 day course!