



Sometimes

we just need to remember
we have superpowers. Super. Powers.

Sometimes we forget. — Sometimes...

WOULD YOU? COULD YOU? GO AHEAD, DARE YOURSELF.

Psychologists say that one of the most effective ways to overcome fears and achieve challenging goals is to change the way we think and talk about them — and to shift away from “if only” statements that hold us back. Complete the following sentences, then follow the boxed instructions below to see how easy it can be to reframe your thinking into more positive, action-oriented ideas and language.

If I were more daring it would be fun to eat _____.

If I were more brave I would love to visit _____.

If I were taller it would be fun to _____.

If I wasn't afraid I would really enjoy _____.

If I weren't scared I would love to learn _____.

If I had a better voice it would be exciting to _____.

If I wasn't self-conscious I would love to _____.

If I was less timid it would be great to _____.

If I were more ambitious I would love to conquer _____.

If I had more courage I would like to try _____.

If I worried less it would be great to _____.

NOW FOLD THE PREVIOUS PAGE BACK TO HERE



“Above all, be the heroine or hero of your own life.”

Nora Ephron

**We're all so much more capable
and courageous than
we usually think...maybe**

we just need to get past all the “if only” and “what if” thinking
and jump into the thrill of doing **SOMETHING DARING!**