

ADVENTURE GUIDE





MINDSET MATTERS!

True men love themselves. In order to love others, we must love ourselves and this can be tough. It isn't easy sometimes to accept who you are. You might even feel like it's impossible. If you feel this way, you might believe stuff that isn true. You have power to let those things go. Yes, you do.
TRUE THOUGHT
So often, it's easy to forget the encouraging words people say, but hard to forget the negative words that have been said to us. You have the power to let the negative things go.
Below list at least 4 un truths (lies) that you can begin blocking from you mind in order to have a more positive perspective about yourself:

TRUE THOUGHT

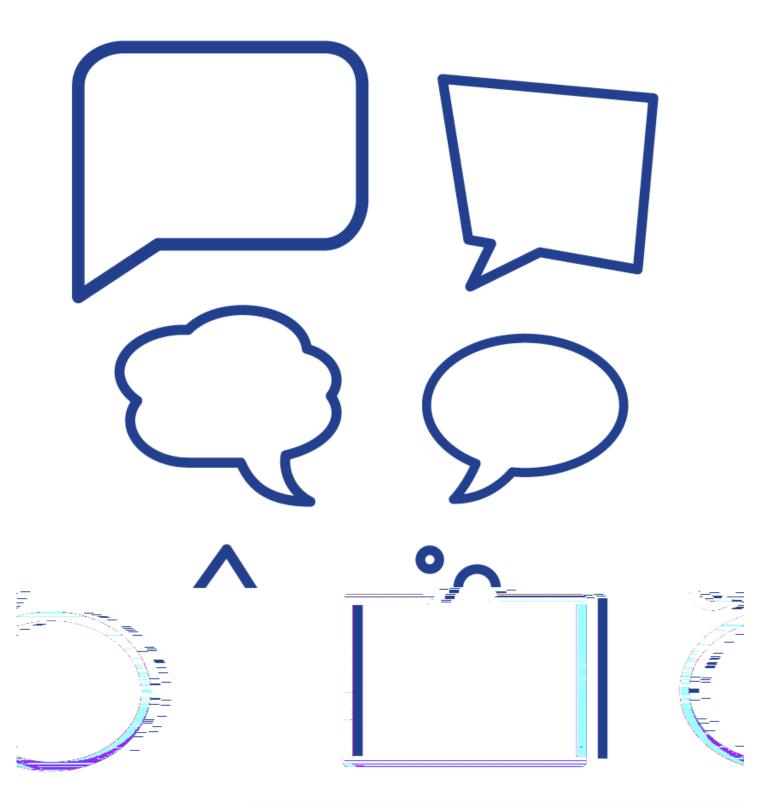
Everyone talks to themselves. Some do it with their mouths out loud, but most of us just do it in our minds. We have what is called an internal dialogue going on all day. If we aren't careful, that internal dialogue could run us, but we need to remember that we are in charge of the dialogue. Picture in your mind that you are holding the wheel of your thought car.

You are in charge when you hold the wheel. If you let go, the thought car will go crazy. So, as you go about your day, regularly check that you are holding on to the wheel and that you are in charge of your thoughts.

Draw a picture of you in your thought car.

In these thought bubbles, write thoughts you think regularly.

The good. The bad. And the ugly.



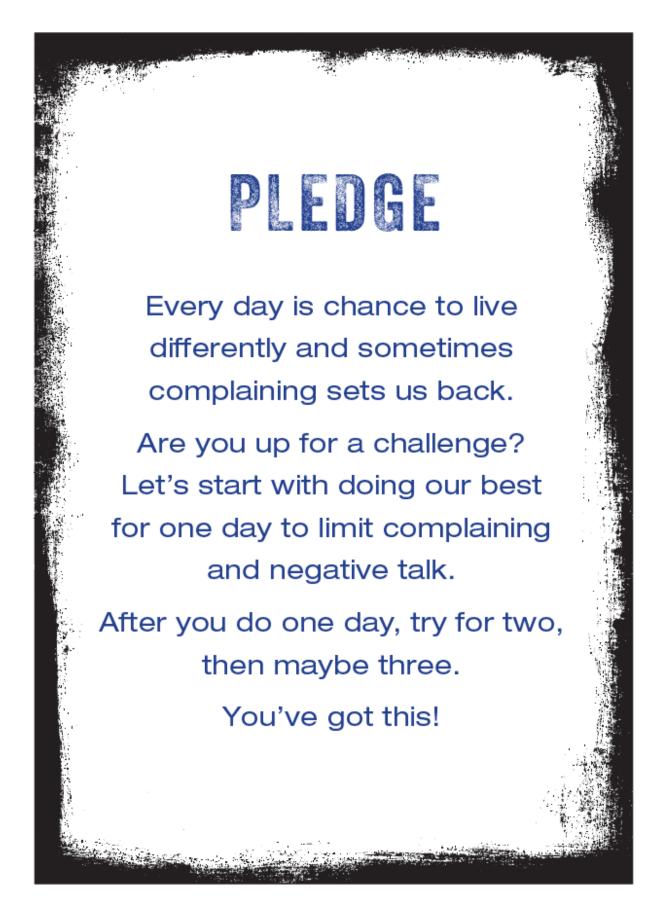
POSITIVE THOUGHTS = POSITIVE ACTIONS

Thinking good thoughts about ourselves and others is important. Our thoughts impact our actions. When we are constantly thinking negative or bad thoughts, it has an unhealthy impact on our actions. We might have negative thoughts and not act on them, but it still impacts us in a harmful way. The importance of thinking positive thoughts is crucial to our daily lives and our actions.



TRUE THOUGHT

In one sentence, In one frequently?	how would life be	e different if yo	u thought positive	e thoughts
more nequently:				



"Your beliefs become your thoughts.

Your thoughts become your words.

Your words become your actions.

Your actions become your habits.

Your habits become your values.

Your values become your destiny."

-Mahatma Gandhi