



BRAVE  Global®
A Catalytic Movement for Youth

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.

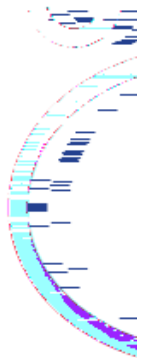
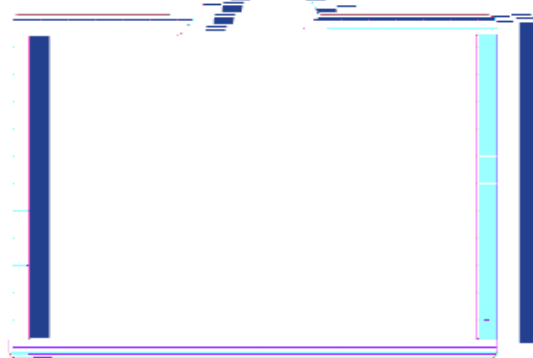
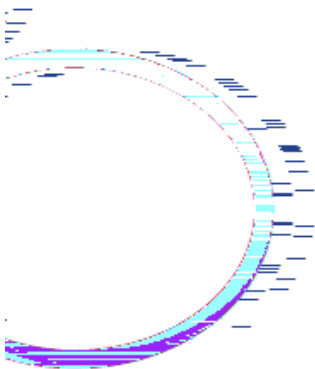
You are in charge when you hold the wheel. If you let go, the thought car will go crazy. So, as you go about your day, regularly check that you are holding on to the wheel and that you are in charge of your thoughts.

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.





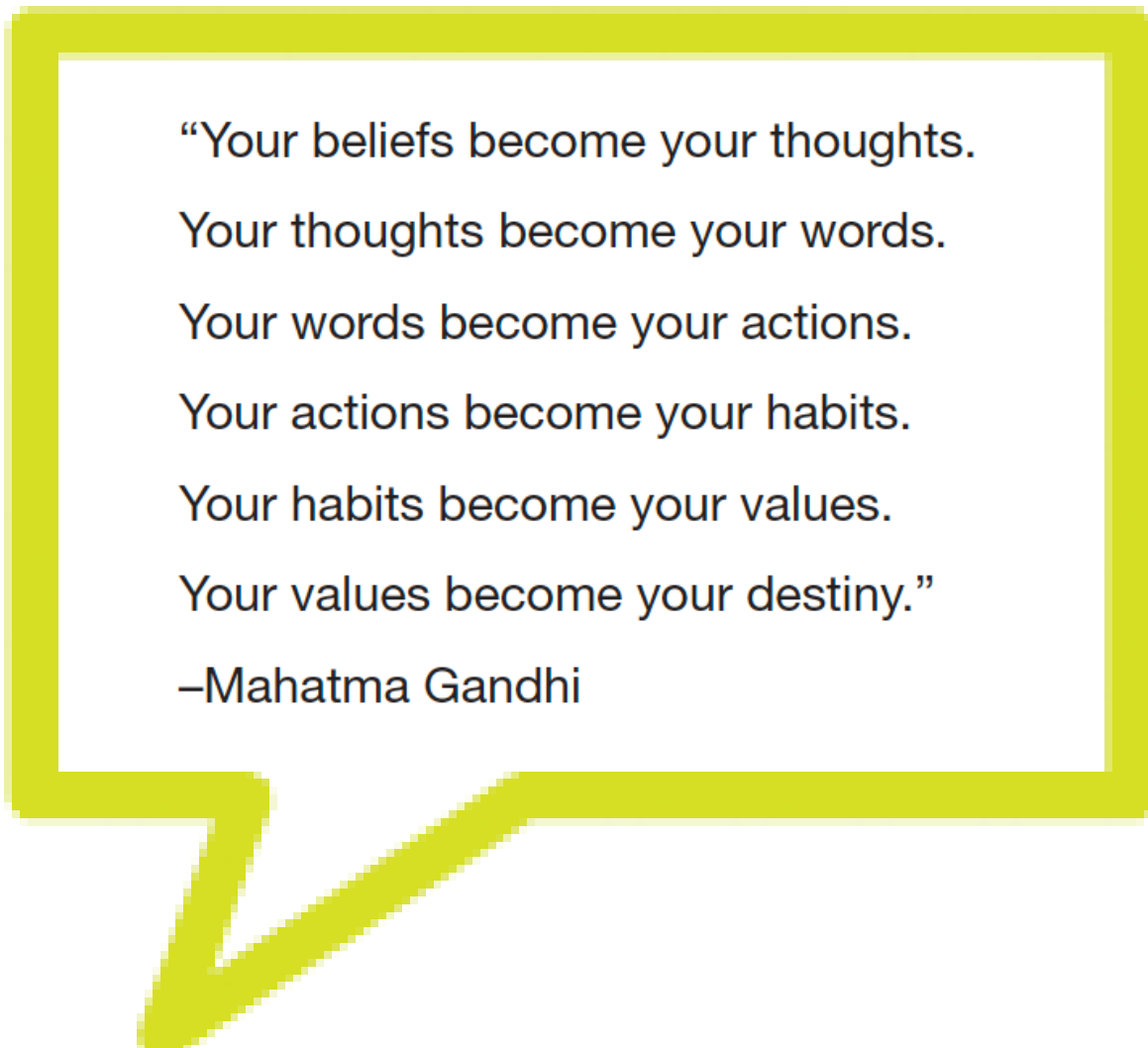
PLEDGE

Every day is chance to live differently and sometimes complaining sets us back.

Are you up for a challenge?
Let's start with doing our best for one day to limit complaining and negative talk.

After you do one day, try for two, then maybe three.

You've got this!



“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