

My Page



My name is Ashlynn.
Some of my friends and
I are doing a bronze
award project. A bronze award
project is a thing where us Girl
Scouts try to help the
community.

We decided to help tween girls with self-doubt. Last year I had a LOT of self-doubt. I wanted to try to be like all the people on social media.

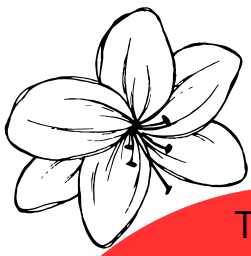
This year I wanted to try not to have self-doubt. I realized that self-doubt isn't always a bad thing. Self-doubt can come in many different ways. This year I tried to change my thinking, so instead of:

"What if everyone makes fun of me?"

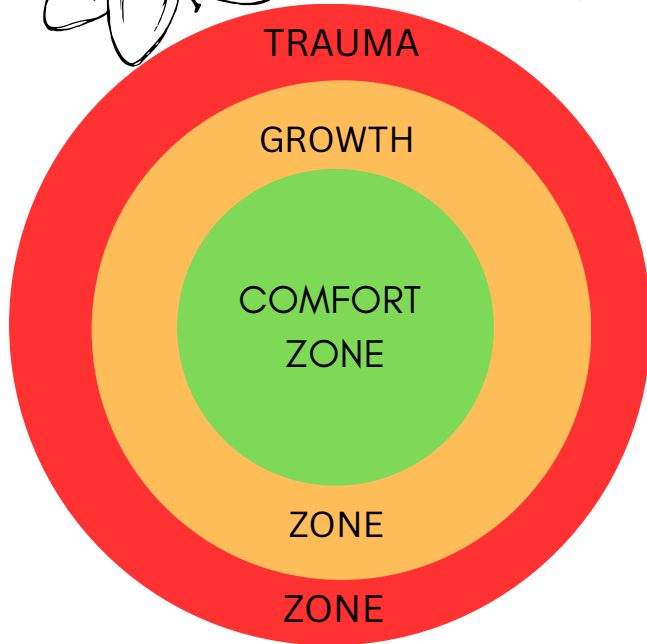
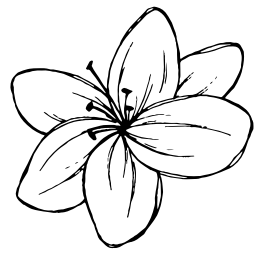
I tried:

"What if everyone compliments me and loves it?"

I'm trying to become a better person and make the world a better place to be in. I hope that this journal will help you gain confidence and overcome self-doubt. Whether you have self-doubt or not. This journal is here to help you with feeling scared and overcoming self-doubt.



Trying New Things!



WHY AM I SCARED?

- IT'S TOO HARD
- IT LOOKS BIG
- WHAT IF I'M BAD AT IT?
- THERE'S NO WAY I COULD DO THAT

WHAT IF...

“What if they all make fun of me?”

“What if everyone loves it.”

CHALLENGE: USE “WHAT IF” IN A POSITIVE WAY.

MONDAY:

HOW DID THIS
CHALLENGE AFFECT ME?

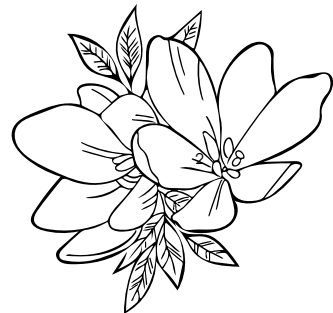
TUESDAY:

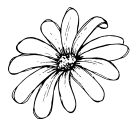
WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY:





Face It



I FEEL _____ AND _____ .

I THINK IT'S BECAUSE I _____

FRUSTRATED

SAD

MAD

DISAPPOINTED

EMBARRASSED

LONELY

DOWN

DEFENSIVE

WORRIED

UGLY/GROSS

UNLOVABLE

BORED





Down Days

WHEN NOTHING ELSE IS WORKING

SET A TIMER

I'm going to stay grumpy for ____ more minutes and then I'll ban it from my brain for 1 hour.

TAKE IT OVER THE TOP!

Make the problem as big of a deal as you possibly can! Ex: I'm going to explode like a volcano and lava will go all over my house and my family will have to play floor is lava to get out.

BREAK IT UP

Break the day into pieces. This morning hasn't been great but this afternoon could be better.

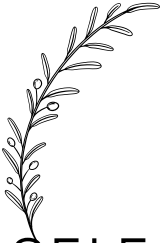
TAKE "TWO"

Take "Two" - Just like a movie star who has to do many "takes" to get things right, sometimes you need to start your day over. Get back in bed, set your alarm for 3 minutes, close your eyes and pretend to sleep. When your alarm goes off, start your day again!



Is self doubt a bad thing?

NO



SELF-DOUBT DOESN'T HAVE TO BE A BAD THING. SELF-DOUBT CAN BE A SOURCE OF STRENGTH. BUT IT'S NOT SOMETHING ANYONE ELSE CAN FIGHT.

IF YOU DOUBT YOURSELF THAT MEANS YOU'RE SOMEONE WHO HOLDS YOURSELF TO A HIGH STANDARD.

"PEOPLE WHO HAVE SELF-DOUBT ARE USUALLY ALREADY OPEN TO THE WORLD, TO IT'S JUDGMENTS OF THEM. THEY AREN'T VERY GOOD AT SHUTTING THE WORLD OUT."

CHALLENGE:

Spend time everyday about what went bad and what didn't

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:





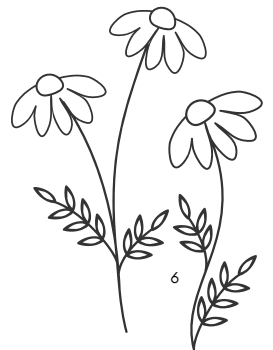
bored, bored, bored

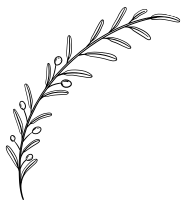
"I'm BORED!"

25 things to do off screen.

FamilyGuide.com

1. OBSTACLE COURSE
2. SCAVENGER HUNT
3. COLLECT BUGS
4. 3 LEGGED RACE
5. LOOK FOR 4 LEAF CLOVERS
6. FINGER PAINT
7. HAVE A FASHION SHOW
8. JUMP ROPE
9. HAVE A PJ PARTY
10. WATCH THE CLOUDS
11. CREATE A MOVIE OR PLAY
12. HAVE A TALENT SHOW IN YOUR BACKYARD
13. DRAW WITH CHALK
14. PLAY HOPSCOTCH
15. PLAY HIDE AND SEEK
16. BUILD A FORT
17. LEARN MORSE CODE
18. CLIMB A TREE
19. DANCE TO 50'S MUSIC
20. LEARN HOW TO DOUBLE DUTCH
21. MAKE A TIME CAPSULE
22. MAKE YOUR OWN PET ROCK
23. SPEAK PIG LATIN
24. CREATE A SECRET CODE
25. HAVE A RELAY RACE





Social Media



"Social Media the best and worst thing invented."

Social media connects and informs us, supports causes, and amplifies voices. However, it can also spread rumors, foster negativity, and create unrealistic expectations. Use it wisely.

To be your best self, try spending less time on screens. Set limits, like tech-free times at home.

Do things that make you happy, like reading, exercising, or exploring a new hobby. Practice mindfulness through meditation or journaling. Spend time with family and friends or help out in your community. This way, you can grow and become a well-rounded person!

CHALLENGE:

Take a 30-minute vacation from your screens daily!

Monday: Yes. No.

Tuesday: Yes. No.

Wednesday: Yes. No.

Thursday: Yes. No.

Friday: Yes. No.

Saturday: Yes. No.

Try one of the many things that you can do off screen on page 6

