

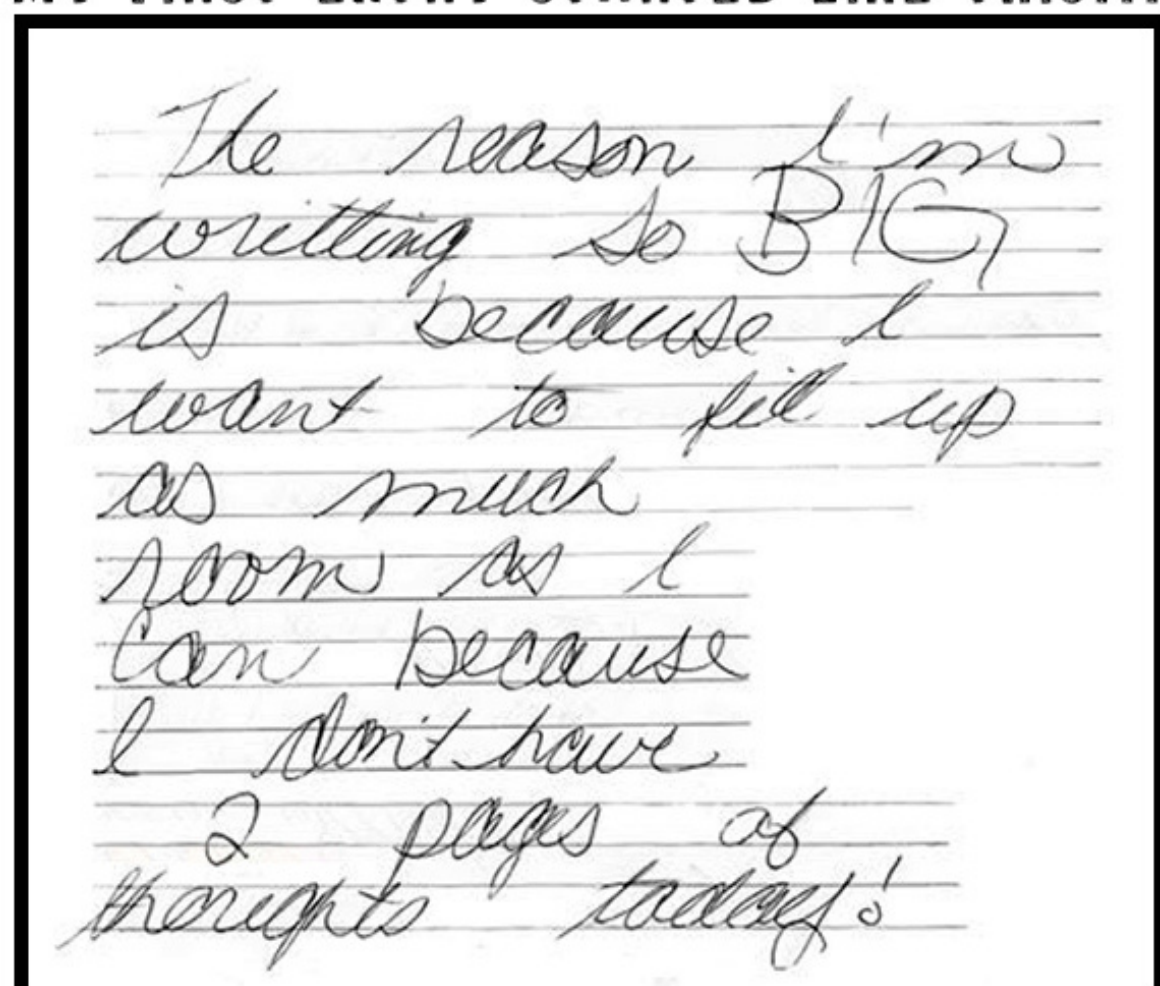
DIVING INTO JOURNALING



Journaling makes a HUGE difference for me. It allows me to release my emotions and share my thoughts with no holding back. It allows me to express myself rather than keeping everything inside me.

I was 11 years old when I was first introduced to journaling. Difficult times were starting to happen for me at home and at school. My mum could see I was worrying a lot and that I was struggling with my confidence and resilience. She suggested I start writing in a journal. At first I resisted. I thought it was silly and it wouldn't help.

MY FIRST ENTRY STARTED LIKE THIS...



She informed me that her suggestion was not a choice. She told me I HAD to write two pages in my journal every day. Two pages seemed like a lot, especially when I didn't want to write in the first place.

After a few pages of complaining I actually came up with things to write

about – my emotions, my parents' divorce, my friends, my day, the deaths of my grandparents, family vacations, my dreams, what I was grateful for – I started writing about my life. I have to say I'm glad my mum made me stick with it. It helped me to understand and release my emotions and my thoughts instead of keeping them inside me. Writing in my journal really helped me clear my head and still does to this day.

IN THE UPOWER JOURNAL YOU ARE THE AUTHOR!

I created this UPower journal not only for you to express your thoughts and emotions, but also to build your confidence and resilience through the stories, exercises, and quotes you will find in the pages to follow.

They have helped me on my journey to building my confidence and resilience. I believe they will do the same for you!

TURN THE PAGE TO BEGIN YOUR JOURNEY.





Every time my Dad and I watched the Blue Jays play baseball on TV I would think, "I really want to sing 'O Canada' for the Toronto Blue Jays." One day I decided to make the choice to put my dream into action. I looked up the phone number for the stadium where the Blue Jays play. I was so nervous dialing their number. It felt like I had hundreds of butterflies in my stomach.

When I told the person on the phone that I was a singer and I wanted to sing for the Blue Jays, he responded with, "No. Thanks for calling. Bye."

I got off the phone and, even though I felt disappointed, I chose to stay determined. I called back. This time a different person answered. I told him I wanted to sing for the Blue Jays. He paused and said, "No." Before he could hang up I asked, "What would I have to do to sing for the Blue Jays?"

He said, "Go to a recording studio, record yourself singing 'O Canada', have a picture of yourself taken, write down all the places where you have sung, put it in an envelope, mail it to this address and then we'll see."

I sent everything he asked for. I waited a few months and called for the third time. I was so nervous I was going to hear no again but this time the answer was...YES! I was bursting with excitement! I could hardly sleep.

With my family, I went to the stadium where the Blue Jays play and sang 'O Canada' in front of 30,000 fans. It was incredible!

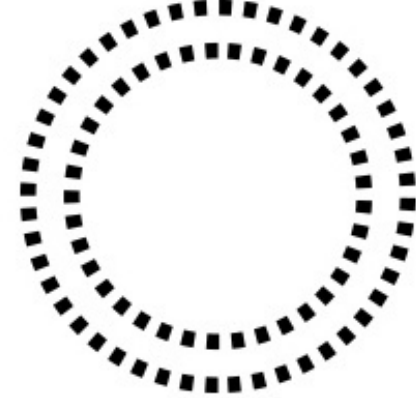
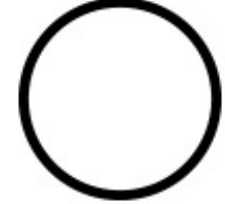
Can you imagine if I had given up on that first or second no? Can you imagine if I had thought it was too much work? I would have never heard "YES!" I would have never sung for the Toronto Blue Jays.

When it comes to Respecting Yourself, Others and Your Dreams it is worth the work because YOU are worth it!

KEEP CHOOSING TO BE DETERMINED!
KEEP CHOOSING TO PUT IN THE EFFORT!

Jara
XOXO



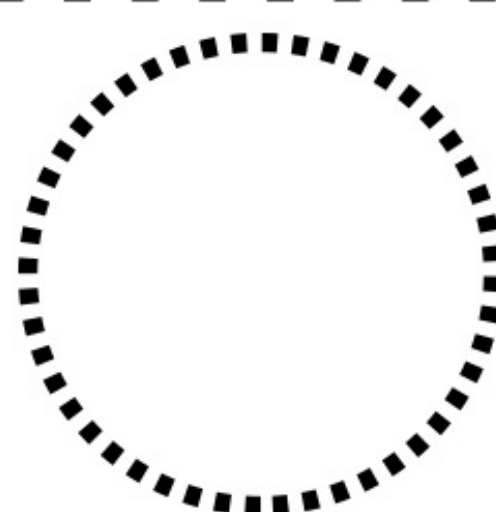
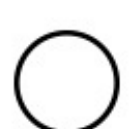
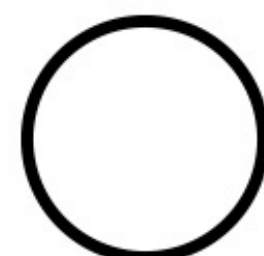
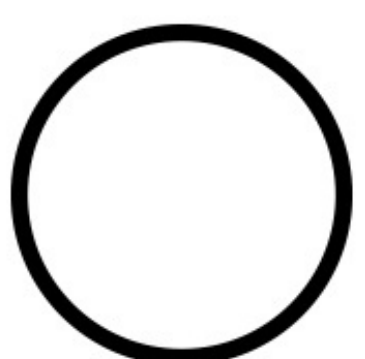
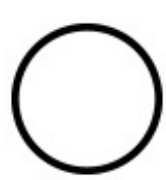
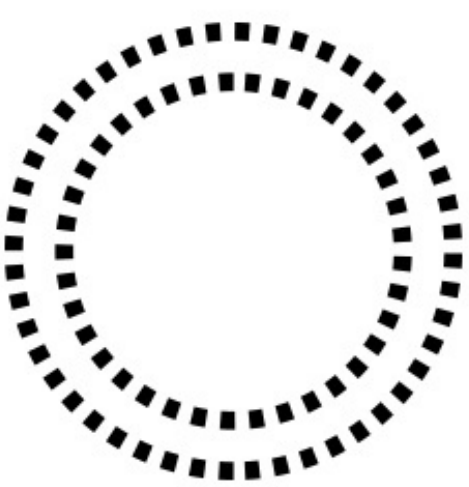


AFTER READING THIS STORY I REALIZE...

Handwriting practice lines for the first section.

THE ONE THING I WANT TO REMEMBER FROM THIS STORY IS...

Handwriting practice lines for the second section.



○ Whatever you choose to do, DO IT with

- DETERMINATION. EFFORT. RESPECT. ●

WHAT'S A NEW SKILL YOU WOULD LIKE TO LEARN?

WHAT ARE 3 STEPS YOU COULD TAKE TO HELP YOU LEARN THIS NEW SKILL?

1.

2.

3.

What's one goal you would like to reach in the next year?

What's one choice you could make right now to help make it happen?

● **REACH FOR YOUR DREAMS AND
YOUR DREAMS WILL REACH FOR YOU!!!** ●

YOU DON'T HAVE TO KNOW ALL THE ANSWERS.
WHAT'S IMPORTANT IS THAT YOU HAVE THE
COURAGE TO ASK SO YOU CAN FIND THE ANSWERS.

What is something you could repeat to yourself to ' give you the courage to ask?

For me: I remind myself that in 10 seconds the asking part will be over and I will have the answer to my question.

Many people find it scary to ask for help. It takes **COURAGE** and **CONFIDENCE** to ask for help.

WHAT IS SCARY ABOUT ASKING FOR HELP?

WRITE ABOUT A TIME YOU WERE SCARED BUT
CHOSE TO BE COURAGEOUS AND ASKED FOR HELP.

○ **ASK FOR HELP EVEN IF YOU FEEL SCARED.** ○
KEEP ASKING UNTIL SOMEONE LISTENS.

YOU MAY NOT HAVE
THE **CONFIDENCE**
YOU WANT RIGHT
NOW. IT DOESN'T
MEAN YOU WILL
NEVER HAVE IT.

IT JUST
MEANS
YOU DON'T
HAVE IT
YET.