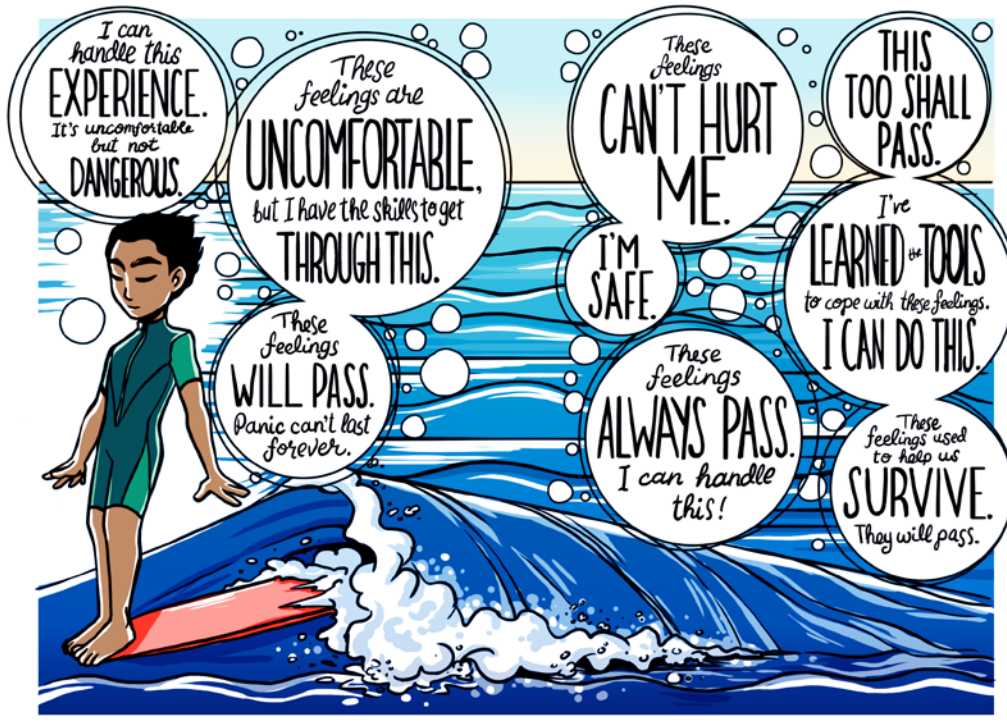




MINDSET MANTRAS!



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IN THIS PRINTABLE YOU WILL FIND:

When you get worried, do you ever feel butterflies in your stomach or does your heart race? Worry not only shows up as thoughts in our mind, but also affects our body. Fortunately, worry isn't dangerous, only uncomfortable. To get through the discomfort, you can say some Mindset Mantras or words that remind you that you're safe.

Page 1: Sample Mindset Mantra small poster... Find sample mantras on this page.

Page 2: Blank Mindset Mantra small poster... Fill this page in with your own mantras.

Page 3-6: Blank Mindset Mantra large poster... Print, tape together, and fill in just like page 2.

By the way, this exact exercise and dozens more are in the new SUPERPOWERED book. Get your copy:

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I can handle this
EXPERIENCE.
It's uncomfortable but not
DANGEROUS.

These feelings are
UNCOMFORTABLE,
but I have the skills to get
THROUGH THIS.

These feelings
CAN'T HURT
ME.

I'M
SAFE.

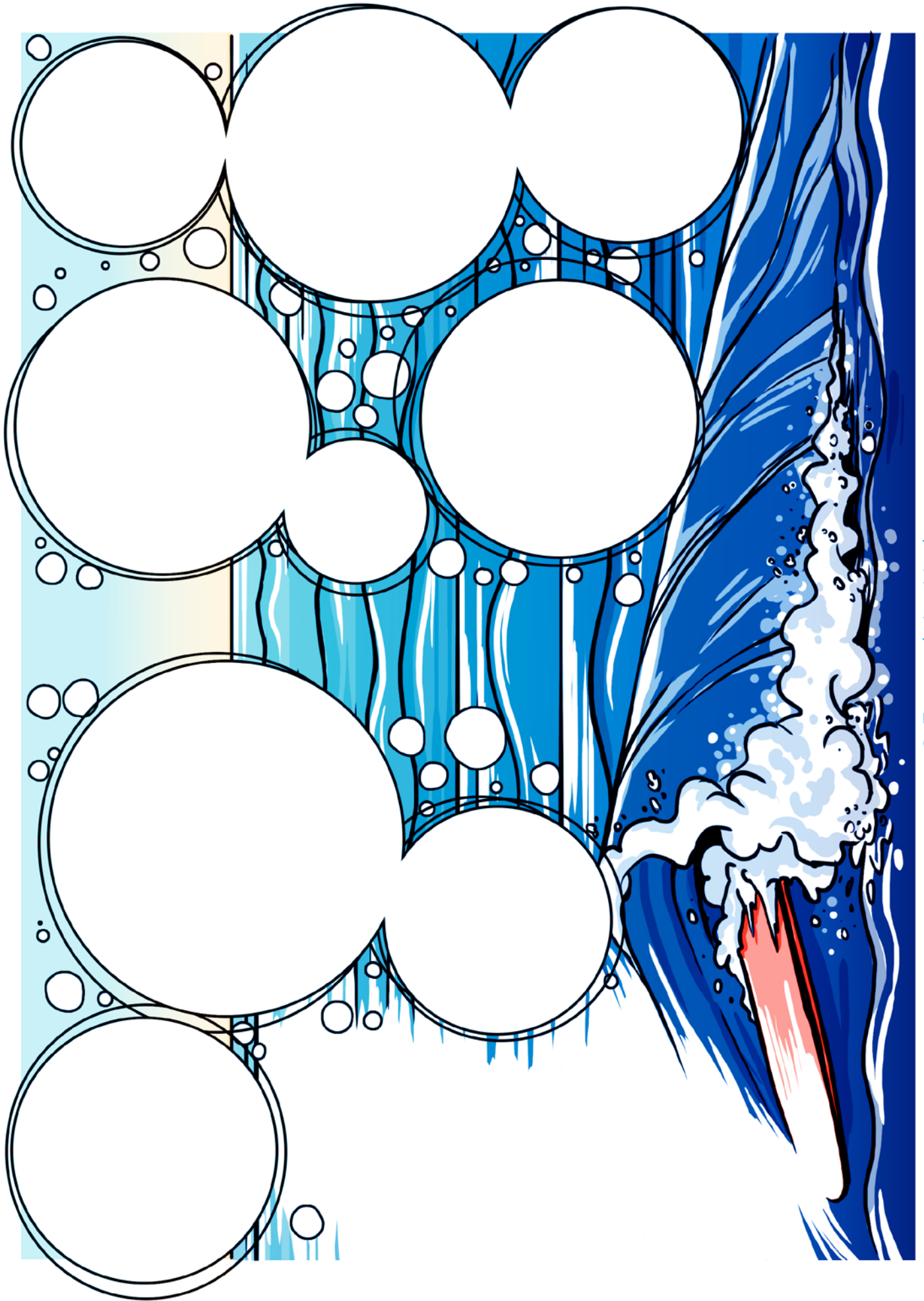
I've
LEARNED [#]TOOLS
to cope with these feelings.
I CAN DO THIS.

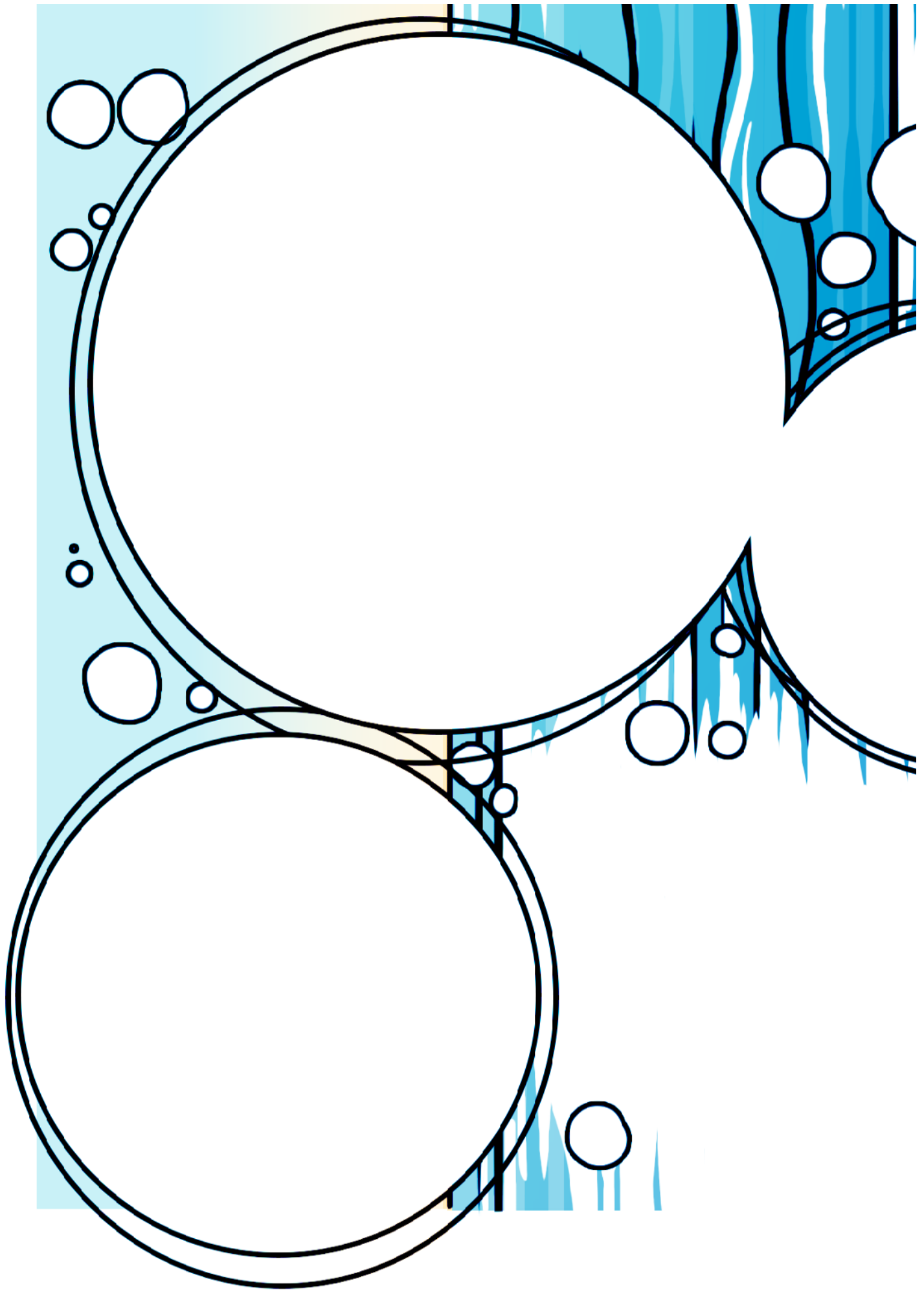
These feelings
WILL PASS.
Panic can't last forever.

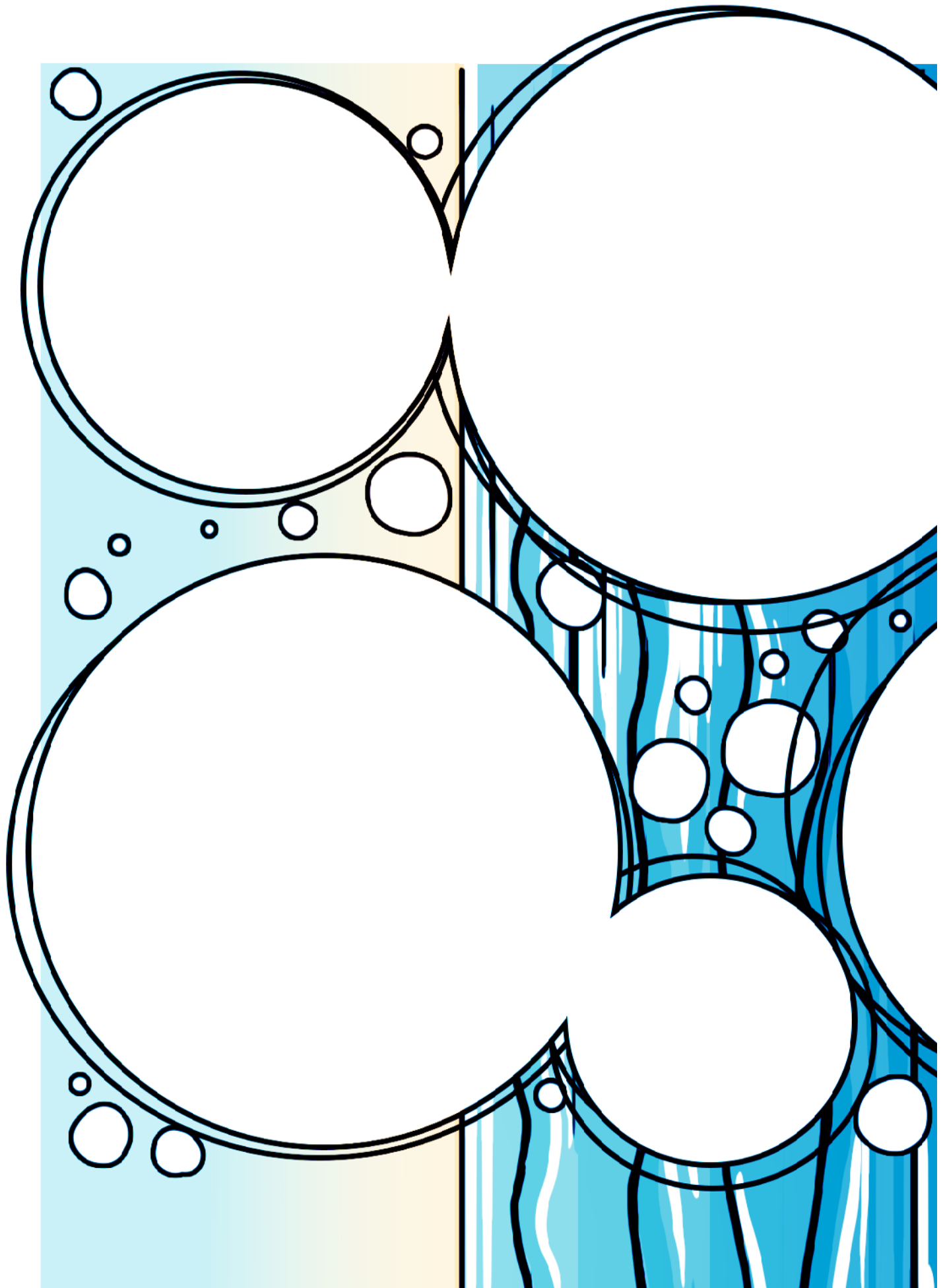
These feelings
ALWAYS PASS.
I can handle this!

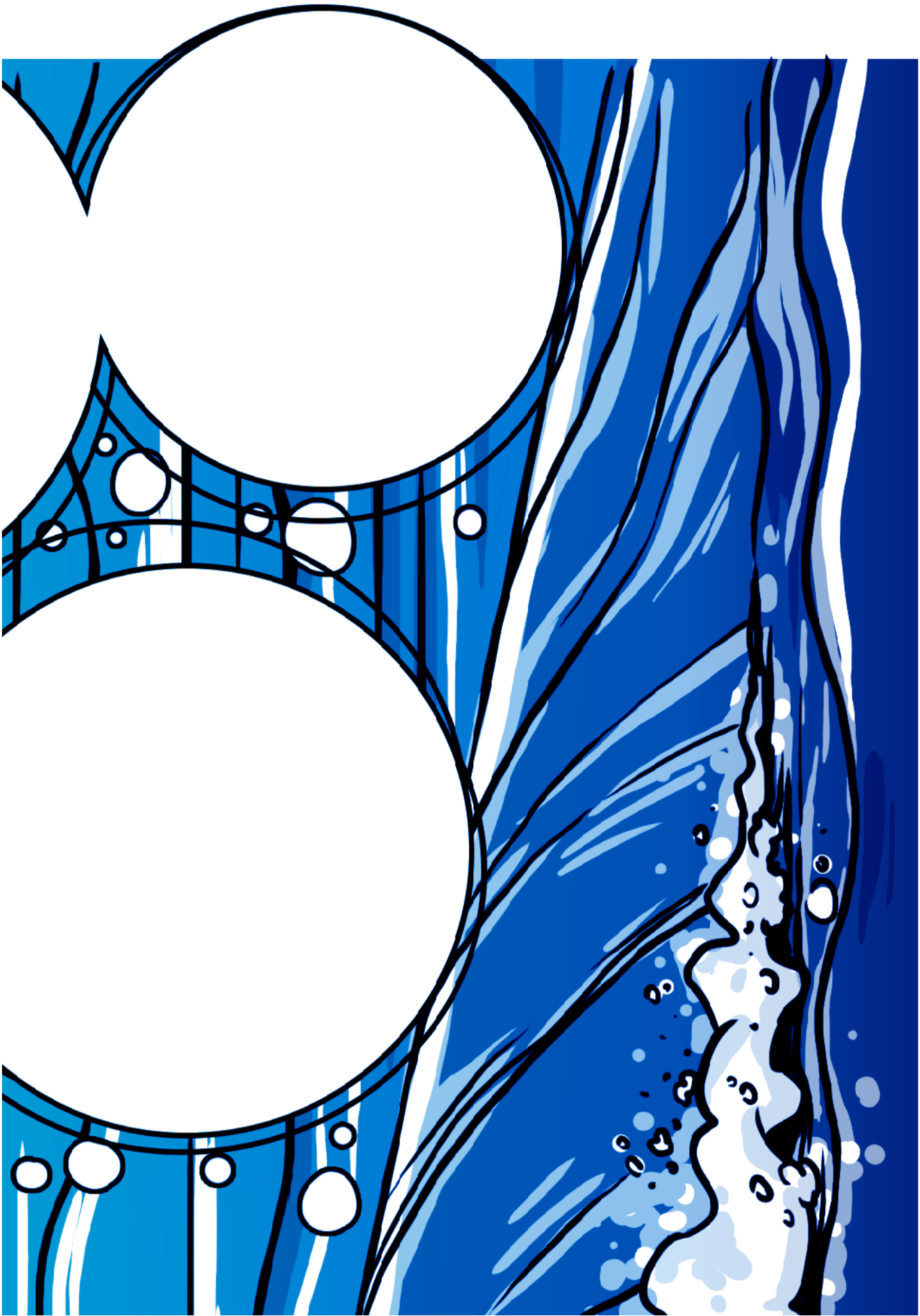
These feelings used to help us
SURVIVE.
They will pass.

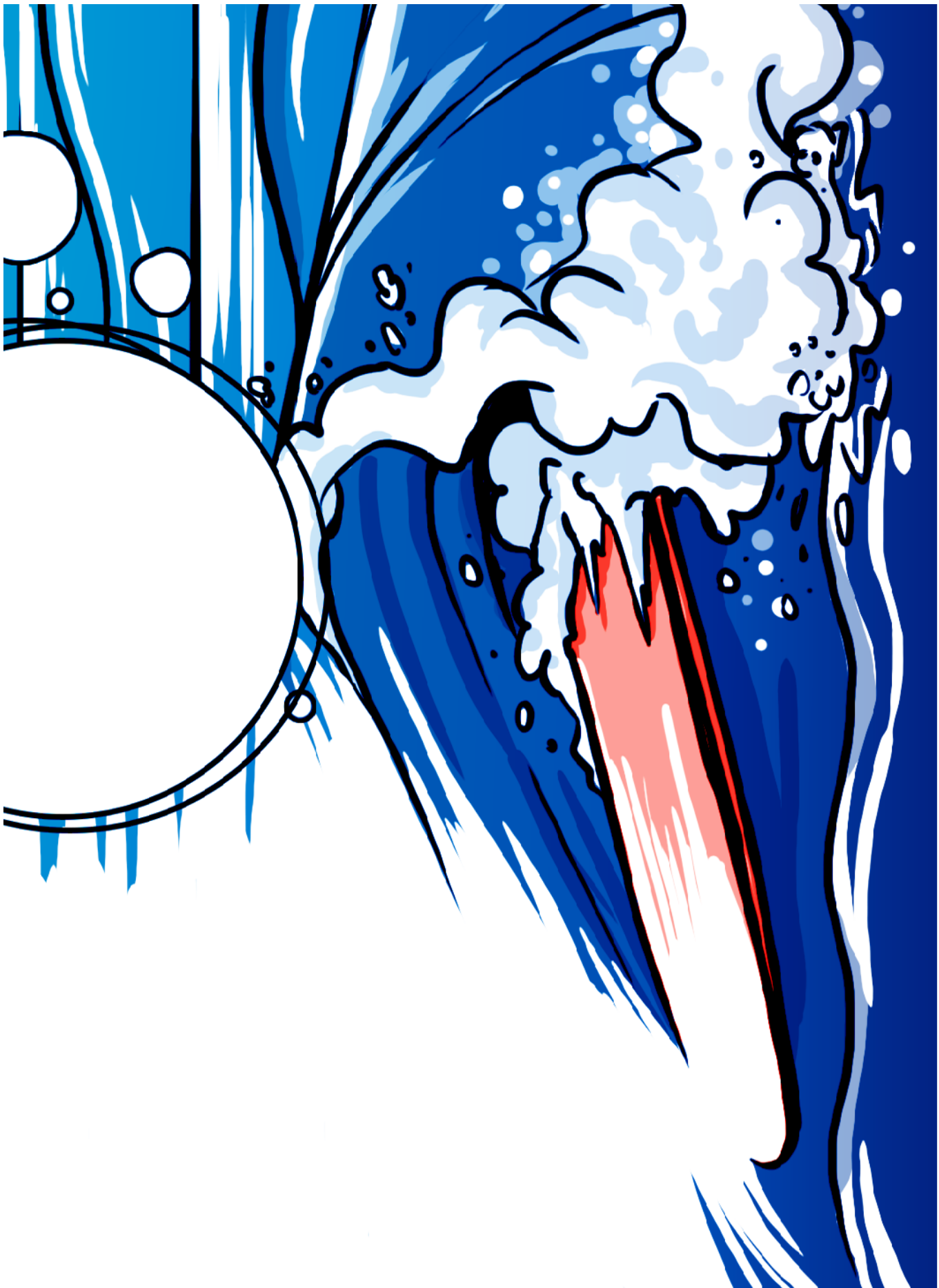
THIS
TOO SHALL
PASS.













THIS IS A COPY OF THE STRENGTHS TREE PRINTABLE IN CASE YOU MISSED IT:

Page 8: Sample strengths tree... The roots of the tree contain character strengths or what's best about humans —positive qualities. The leaves of the tree show examples of how those strengths can be used.

Page 9: Blank strengths tree... Fill in your greatest strengths in the roots of the tree. In the leaves of the tree, fill in how you have used those strengths recently or plan on using them in the future.

Pages 10-13: Blank strengths tree poster... You can print all four of these pages and then fill them in just like page 2.

Pages 14-17: Extra blank strengths trees... Try filling one out for a family member or friend and giving it to them as a gift.

Pages 18-20: All about strengths from the VIA Institute.

By the way, this exact exercise and dozens more are in the new SUPERPOWERED book. Get your copy:

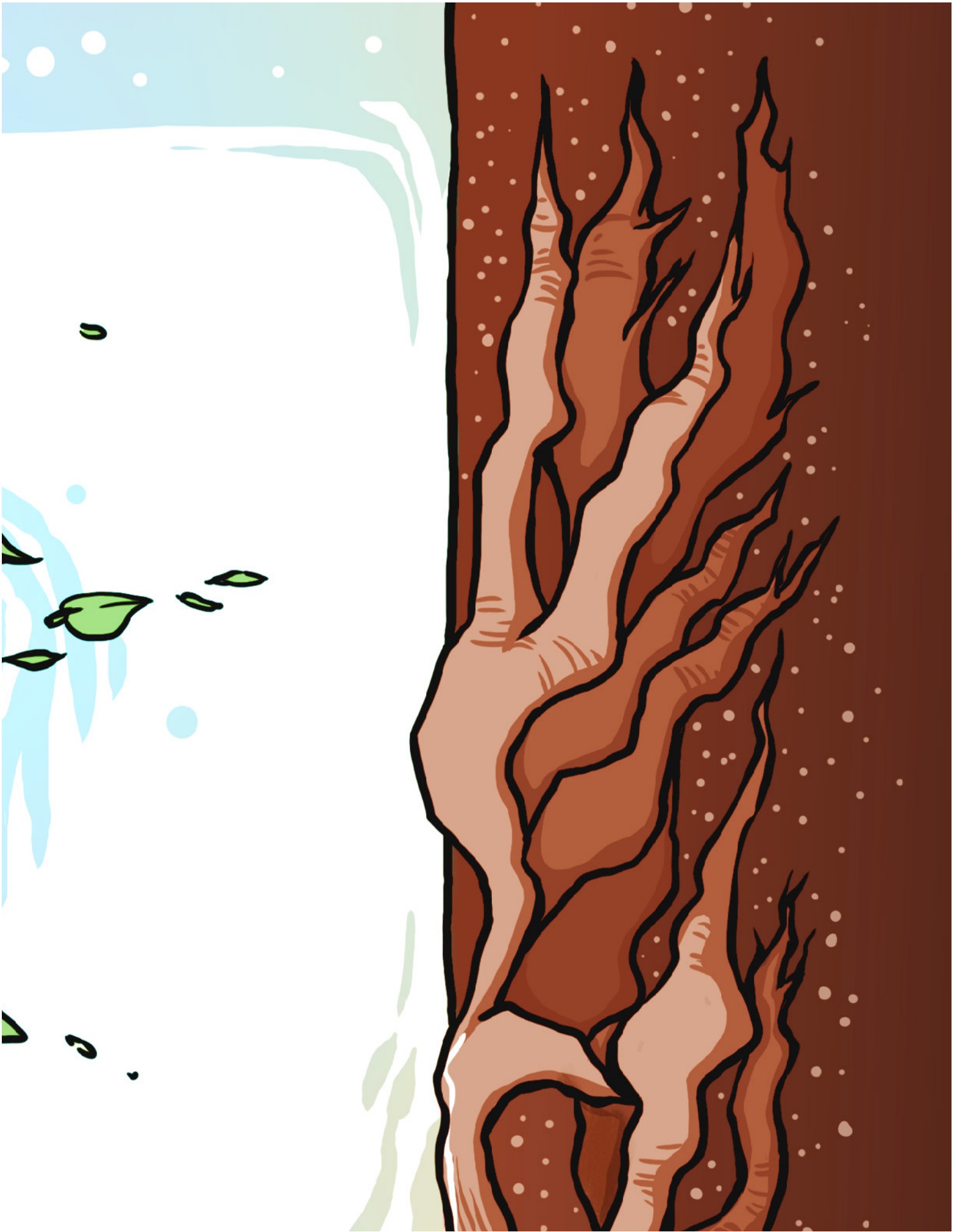
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ALL ABOUT STRENGTHS

The image of the tree with 24 strengths in the roots was created by GoZen! with permission from the VIA Institute. © 2004-2020, VIA Institute on Character. All Rights Reserved. Used with Permission. www.viacharacter.org

The VIA classification of strengths came from a multiyear project in which 55 top social scientists asked the following question: What is best about humans? Over three years, these scientists researched the world's major writings on religion, philosophy, organizational studies, youth development, psychiatry, and psychology, among others, to seek out the virtues and strengths valued across cultures and time. The goal was for this group to leave no stone unturned in order to produce an exhaustive list of character strengths. In order to avoid redundancies and narrow the list, the group made sure each strength followed certain criteria:

Each character strength...

- is ubiquitous or widely recognized across cultures
- is fulfilling or contributes to individual fulfillment, satisfaction, and happiness
- is morally valued or valued on its own and not for any outcome it may produce
- does not diminish others or elevates others who see it in action
- has an opposite or has obvious antonyms that are negative
- is trait-like or exhibits patterns that are generally stable over time
- is measurable or has been successfully measured by researchers
- is distinct or is not redundant with other strengths
- has paragons or individuals who are exemplars of the strength
- has prodigies or is shown precociously in some youth
- can be selectively absent or missing in some individuals altogether
- has enabling institutions or is a deliberate goal of society

The result of all of this work is the VIA classification, or the list of 6 core virtues and the 24 character strengths categorized within them.

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WISDOM

Creativity
Curiosity
Judgment
Love of Learning
Perspective

COURAGE

Bravery
Honesty
Perseverance
Zest

HUMANITY

Kindness
Love
Social Intelligence

JUSTICE

Fairness
Leadership
Teamwork

TEMPERANCE

Forgiveness
Humility
Prudence
Self-Regulation

TRANSCENDENCE

Appreciation of Beauty
& Excellence
Gratitude
Hope
Humor
Spirituality

STRENGTHS OF WISDOM

These are brain strengths that cover learning new things, using your knowledge, and thinking hard to solve problems.

- **Creativity [originality, ingenuity]:** Having new ideas. Thinking of new ways to do things. Sure, these could be artistic creations, but they don't need to be. Maybe you're creative with science. Or words. Or even music.
- **Curiosity [interest, openness to experience]:** Trying new things just to try them. Finding new subjects and topics fascinating. This includes exploring and discovering.
- **Judgment [critical thinking]:** Thinking things through from all sides. Being a patient and rational thinker. You're very fair and don't jump to conclusions. Plus you're able to change your mind if you get new information.
- **Love of Learning:** Getting as much information as you can about topics you love. This can also involve mastering as many skills as you can. Sound like curiosity? It's related, but is also different in that a Love of Learning means you keep adding, and adding, and adding to what you know.
- **Perspective [wisdom]:** Giving good advice to others. You have ways of looking at the world that make sense to yourself and to other people. This is similar to judgment, but involves less decision making and is more about understanding the big picture.

STRENGTHS OF COURAGE

These are emotional strengths that involve using your willingness to accomplish challenging goals, no matter how hard it might be.

- **Bravery [valor]:** Not backing down from a threat, challenge, or difficulty. You do what is right even if others disagree, and stick to your beliefs even if it makes you unpopular. Bravery could be physical or mental.
- **Perseverance [persistence, industriousness]:** Finishing what you start, even if there are obstacles. You get things done, and it makes you feel good.
- **Honesty [authenticity, integrity]:** Speaking the truth, always. You talk and act like you, and you don't try to be anything else. You take responsibility for your feelings and actions.
- **Zest [vitality, enthusiasm, vigor, energy]:** Approaching life with excitement and energy. Nothing is half hearted for you. Life is an adventure, and it makes you feel alive.

STRENGTHS OF HUMANITY

These are friendship strengths that involve being good to people: family, friends, anyone.

- **Love:** Valuing close relations with others, especially when your feelings are returned. You're good at being close to people.
- **Kindness [generosity, nurturance, care, compassion, altruistic love, "niceness"]:** Doing favors and good deeds for others. You like helping people and taking care of them.
- **Social Intelligence [emotional intelligence, personal intelligence]:** Being aware of the motives and feelings of other people, and yourself. You know how to fit into different social situations, and show up the right way for the right people.

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STRENGTHS OF JUSTICE

Civic strengths that are a part of healthy community life.

- **Teamwork [citizenship, social responsibility, loyalty]:** Working well as a member of a group or team. You're loyal to the group and you always do your fair share.
- **Fairness:** Treating all people the same no matter who they are or where they come from. You give everyone an equal chance.
- **Leadership:** Encouraging a group you're a part of to get things done. You try to keep good relationships with everyone in the group. You're good at organizing efforts and seeing that jobs get finished.

STRENGTHS OF TEMPERANCE

Personal strengths that keep you and your abilities in perspective.

- **Forgiveness:** Forgiving those who have done wrong. You accept the shortcomings of others, and you're willing to give people second (maybe even third) chances. Revenge is not a word in your vocabulary.
- **Humility:** Letting your accomplishments speak for themselves. You don't need to talk about yourself, or think about yourself, in exaggerated ways.
- **Prudence:** Being careful about your choices. not taking unnecessary risks. You don't say or do things that you'll regret.
- **Self-Regulation [self-control]:** Controlling what you feel and do. You have great discipline and control over your appetite and emotions.

STRENGTHS OF TRANSCENDENCE

Appreciation strengths that create connections to the larger universe and give meaning to life.

- **Appreciation of Beauty and Excellence [awe, wonder, elevation]:** Noticing awesomeness in all things, from nature, to art, to math, to science, to everyday life.
- **Gratitude:** Being aware of and thankful for the good things that happen. You take time to say thank you.
- **Hope [optimism, future-mindedness]:** Expecting the best in the future and working to get there. Believing that a good future is something you can make happen.
- **Humor [playfulness]:** Liking to laugh and make others laugh. Your gift is bringing smiles to other people. You see the light side of things, you make jokes, and generally cause happiness.
- **Spirituality [faith, purpose]:** Having beliefs about the higher purpose and meaning of life. You know where you fit in the world, and you have beliefs that shape what you do.

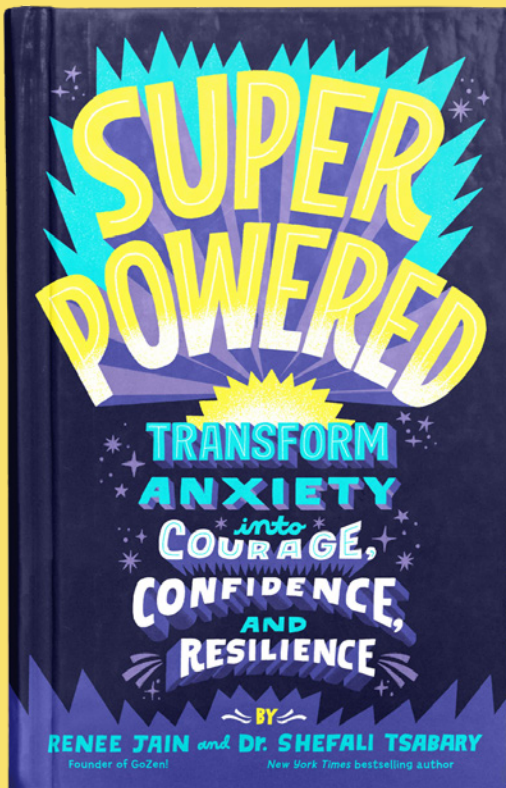
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