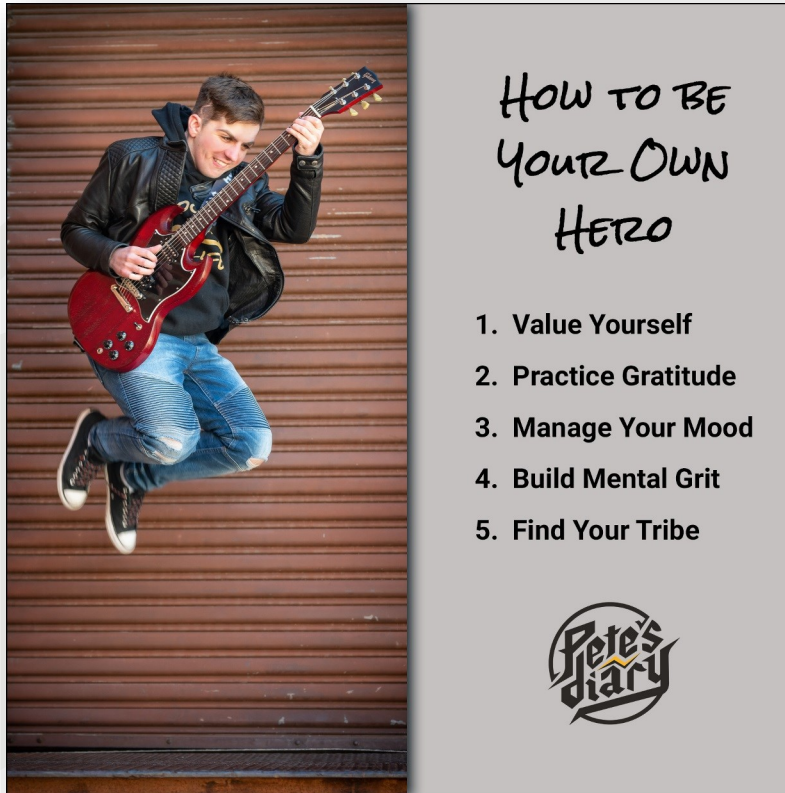


THE HERO'S TOOLBOX



WHAT YOU NEED

1. An inspiring journal or notebook—have fun making it your own!
2. Something cool to write with— favorite pens and markers.
3. A commitment to make the most of every day.

Value Yourself

KNOW YOUR BOUNDARIES

Why You Should Identify Your Personal Values

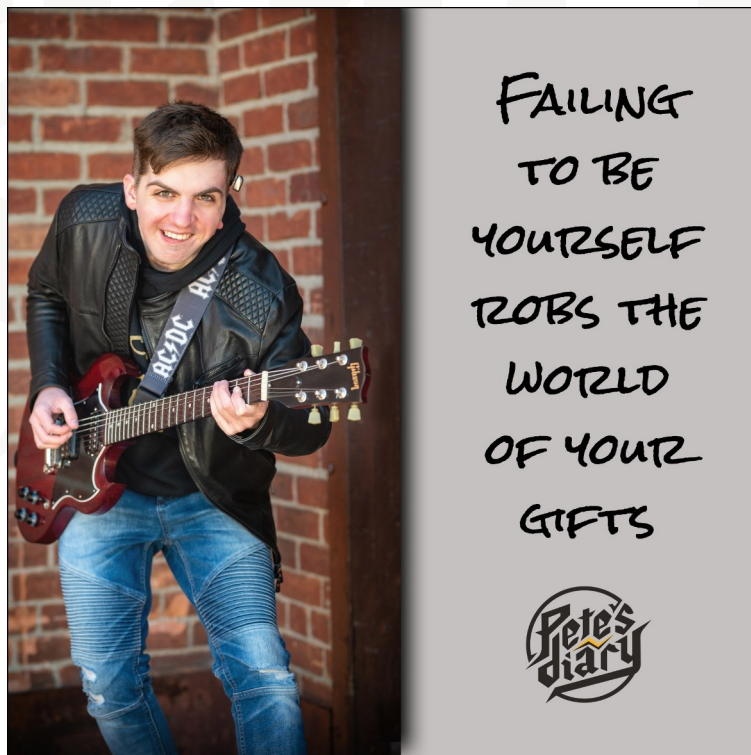
Identifying your personal values reveals what's most important to you and guides you to make decisions that are in harmony with your beliefs and priorities.

Have you ever been pressured by friends to do something that just doesn't feel right for you? You're probably going against one of your core values. Identifying them gives you more than just a feeling something is off. Knowing your five core values gives you words to reflect on when making big decisions.

How to Identify Your Personal Values

The next three pages walk you through how to identify your personal values. This should take you less than 30 minutes to complete.

When you are done with this lesson, write your values in your gratitude journal where you can easily refer to them. You could also paste the word art image on an inside front or back cover.



Step 1

IDENTIFY YOUR PERSONAL VALUES

Circle any word on this list that makes you think, "Yes, that's me."

If you don't know what a word means, ignore it and move on to the next word

Acceptance	Consistency	Family	Intensity	Purpose	Support
Accomplishment	Contentment	Famous	Intuitive	Quality	Surprise
Accountability	Contribution	Fearless	Irreverent	Realistic	Sustainability
Accuracy	Control	Feelings	Joy	Reason	Talent
Achievement	Conviction	Ferocious	Justice	Recognition	Teamwork
Adaptability	Cooperation	Fidelity	Kindness	Recreation	Temperance
Alertness	Courage	Focus	Knowledge	Reflective	Thankful
Altruism	Courtesy	Foresight	Laughter	Respect	Thorough
Ambition	Creation	Fortitude	Lawful	Responsibility	Thoughtful
Amusement	Creativity	Freedom	Leadership	Restraint	Timeliness
Assertiveness	Credibility	Friendship	Learning	Results-oriented	Tolerance
Attentive	Curiosity	Fun	Liberty	Reverence	Toughness
Awareness	Decisive	Generosity	Logic	Rigor	Traditional
Balance	Decisiveness	Genius	Love	Risk	Tranquility
Beauty	Dedication	Giving	Loyalty	Satisfaction	Transparency
Boldness	Dependability	Goodness	Mastery	Security	Trust
Bravery	Determination	Grace	Maturity	Self-reliance	Trustworthy
Brilliance	Development	Gratitude	Meaning	Selfless	Truth
Calm	Devotion	Greatness	Moderation	Sensitivity	Understanding
Candor	Dignity	Growth	Motivation	Serenity	Uniqueness
Capable	Discipline	Happiness	Openness	Service	Unity
Careful	Discovery	Hard work	Optimism	Sharing	Valor
Certainty	Drive	Harmony	Order	Significance	Victory
Challenge	Effectiveness	Health	Organization	Silence	Vigor
Charity	Efficiency	Honesty	Originality	Simplicity	Vision
Cleanliness	Empathy	Honor	Passion	Sincerity	Vitality
Clear	Empower	Hope	Patience	Skill	Wealth
Clever	Endurance	Humility	Peace	Skillfulness	Welcoming
Comfort	Energy	Humor	Performance	Smart	Winning
Commitment	Enjoyment	Imagination	Persistence	Solitude	Wisdom
Common sense	Enthusiasm	Improvement	Playfulness	Spirit	Wonder
Communication	Equality	Independence	Poise	Spirituality	
Community	Ethical	Individuality	Potential	Spontaneous	
Compassion	Excellence	Innovation	Power	Stability	
Competence	Experience	Inquisitive	Present	Status	
Concentration	Exploration	Insightful	Productivity	Stewardship	
Confidence	Expressive	Inspiring	Professionalism	Strength	
Connection	Fairness	Integrity	Prosperity	Structure	
Consciousness		Intelligence		Success	

Step 2

GROUP YOUR PERSONAL VALUES

Organize the words into 5 categories

You can group them however you like but no more than 5 groups

Group 1

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Group 2

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Group 3

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Group 4

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Group 5

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Step 3

IDENTIFY YOUR 5 PERSONAL VALUES

Circle one word from each of your 5 groups that resonates with you the most or add a new word that collectively represents that group. Write each word below.

1. _____
2. _____
3. _____
4. _____
5. _____

Display your values somewhere you will see them every day
Create a word art image using an App or drawing by hand
We used the app Shapego for these, but there are many others
Search any app store or Google “word art” or “word salad”



Practice Gratitude

APPRECIATE WHAT YOU HAVE

Why Gratitude Matters

Do you know that it's impossible to feel anxious and grateful at the same time? That's why a daily gratitude practice is so powerful. It eases anxiety and pushes your focus from resentment and jealousy to contentment and peace.

People who practice gratitude daily have a more positive outlook and less extreme mood swings. They're more committed to relationships and experiences and less concerned with what things they do or don't have.

5-Minute Daily Gratitude Practice

1. Grab your journal or notebook and pen.
2. Keep it by your bed so that you have it next to you before you fall asleep.
3. Spend just five minutes writing down 3-5 things you're grateful for from the day. Try to think of small, simple things that made the day special.

Knowing you will be writing something every night triggers you to look for gratitude throughout your day. It reminds your brain to appreciate the small things, and it improves your mood and outlook.

Try this for one week and then check in with yourself. Has it made a difference in your attitude and outlook? Ask your family and friends if they've noticed a difference in your mood?

Challenge yourself to continue a daily gratitude practice for 30 days, so that it becomes a habit. Make this an easy and fun thing to do before you fall asleep each night.

IF YOU DON'T
HAVE ANY
BAD DAYS,
HOW WILL
YOU
RECOGNIZE
A GOOD ONE?



Manage Your Mood (Self-Regulate)

TAKE CHARGE OF YOUR EMOTIONS

How to Quit Overreacting

1. STOP

As soon as you recognize you're overreacting, spinning out of control, or feeling that red-hot anger coming... STOP and close your eyes. Picture a stop sign in your head and think, "STOP IT!" This gives you time to pause before reacting.



2. ADJUST THE VOLUME

Take a deep breath (or 5-10) and picture lowering the volume on a dial.



3. CHANGE THE CHANNEL

Find something you can easily focus on or do anywhere when you're feeling out of control and/or angry. Listen to a soothing song, repeat a mantra, or do something physical that helps you "reset your mind."

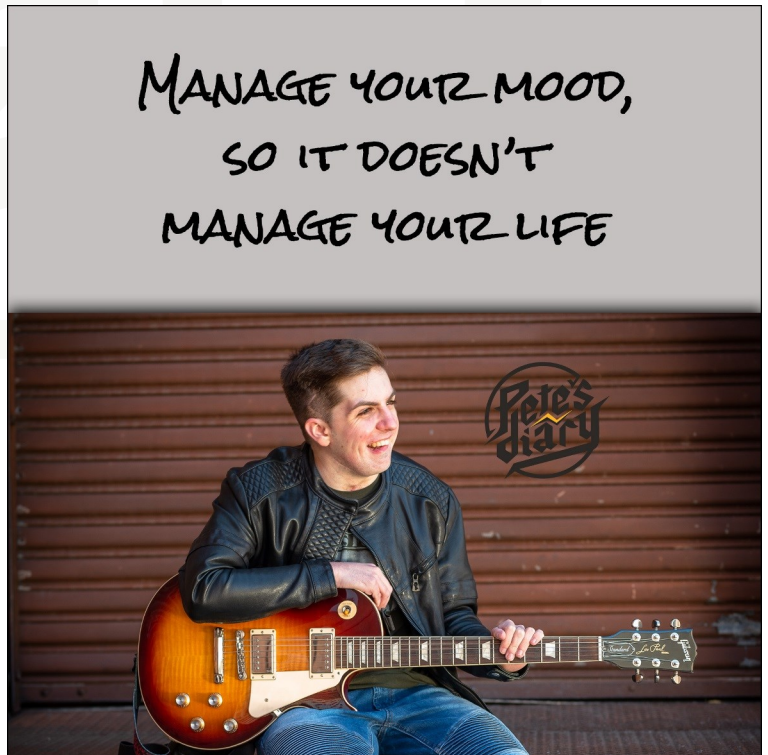


How to Quickly Lift Your Mood

Have a song, playlist, quote, or activity you can access from anywhere at anytime. Use it like an emergency lever you can pull when your mind starts spinning into negative emotions like anger, sadness, or jealousy. It will disrupt your thoughts and reset your mood.

Write the name of your song, quote, mantra, or activity in your journal.

MANAGE YOUR MOOD,
SO IT DOESN'T
MANAGE YOUR LIFE



Build Mental Grit (Fortitude)

CHOOSE COURAGE OVER FEAR

How to Make Good Decisions

If you're struggling to make an important decision, follow 3 simple guidelines.

1. Practice **HALT** (see below)
2. Ask yourself which decision best aligns with your personal values (see *Value Yourself*).
3. Discuss your options with a trusted friend, parent, or mentor.

How to Practice HALT

This is a method commonly used in addiction programs to help with self-control. **HALT** stands for hungry, angry, lonely, and tired. If you're feeling any of those emotions, it's not a time to make an important decision.

HALT = hungry, angry, lonely, tired

Making big decisions for yourself often means choosing courage over fear. Practicing **HALT**, checking in with your values, and discussing your options with a trusted friend or mentor is a good way to help you decide what's best for you.

MENTAL GRIT IS WHEN YOU
CHOOSE WHAT'S BEST FOR YOU
INSTEAD OF WHAT'S EASY



Find Your Tribe

BUILD A HEALTHY SUPPORT SYSTEM

How to Identify Good Relationships

Real friends don't threaten or pressure you to change. They accept how you look, what you like to do, and who you spend time with. If you're unsure if someone is a genuine friend, grade your relationship on this scale.

Use the "Relationship Scale" worksheet on the next page if you're having trouble understanding what qualities to look for in a healthy friendship.

SURROUND
YOURSELF
WITH
FRIENDS
WHO
SUPPORT
YOUR
DREAMS



How to Find a Social Group

The best way to find your tribe is by looking for people who like to do the same things as you. It's important that you try new things, but don't pretend to be someone you're not.

For example, trying to be part of the football or gymnastics team if you're completely uncoordinated is probably the wrong fit for you. Wanting to be popular is not as important as finding friends who accept you as you are.

Here's how to find friends that are a good fit for you.

- Grab your journal and make two lists:
 - ⇒ Make a list of all your favorite hobbies, activities, and skills.
 - ⇒ Find a list of sports, clubs, and extra-curricular activities offered at your school and in your community (church youth groups, library activities, sports and advocacy organizations, volunteer opportunities)
- Write down 3-5 groups or activities you will commit to trying in the next 30 days.
- Didn't find one that you liked? Cross those off and pick 3 more you'll try in the next 30 days.
- Keep both of your lists revised and updated in your journal.
 - ⇒ Make notes about a club or activity you've tried.
 - ⇒ Add to your list of skills and hobbies as you try new things and develop different interests.
 - ⇒ List ideas for how you could start your own club.
- Don't give up and don't be embarrassed to try something new if you're genuinely interested. Have the courage to be yourself, and you'll attract good friends.

RELATIONSHIP SCALE

- ◆ Nobody is 100% fake or real all the time.
- ◆ This scale helps you identify where your relationship with someone falls on a scale from “Fake-to-Real”.
- ◆ On each line, place an “X” closest to the most accurate statement.
- ◆ An “X” in the middle means you feel this happens about half the time.

FAKE FRIEND

REAL FRIEND

I feel inadequate and bad about myself after being with this person	I feel good and enjoy our time together
This person is always wanting favors but won't do the same for me when I need help.	I get as much as I give out of this friendship; it feels pretty equal
This person says things like, "If you were my friend you would..." and "I can't be your friend anymore if you...."	This person never makes me choose between doing something I'm uncomfortable with and being their friend.
This person tells me who I should and shouldn't be friends with	This person encourages me to hang out with other people who I enjoy being with, even if they aren't part of the same group
This person gets defensive when I want to do something they're not interested in and makes fun of activities I enjoy.	This person supports me in things I pursue and knows when to encourage me to step outside my comfort zone. I know that, win or fail, they'll have my back.

How does your relationship measure up?

The most genuine friendships have the most “X” marks toward the “Real” side of the scale, but having a few “X” marks on the “Fake” side doesn't mean they should be completely eliminated from your life.

Knowing where someone falls on this scale makes you aware of the quality of this relationship and helps you decide if you want to continue spending a lot, a little, or no time with someone.