

Change The Stories You Tell Yourself

Just like the Boy in **THE BOY, THE BOAT, AND THE BEAST** uses “Once upon a time...” stories to help him feel better, you can write your own “Once upon a time...” story to help you whenever you need it.

Feeling nervous about a test? Write a “Once upon a time...” story where you’re brave while you take the test.

Feeling scared about something in your life? Write a “Once upon a time...” story where you’re safe and feel loved.

Your story doesn’t have to be long. Just a sentence will do.

When I started writing **THE BOY, THE BOAT, AND THE BEAST**, I didn’t believe I could do it. So I wrote my own “Once upon a time...” story to give me confidence.

Here’s what I wrote:

“Once upon a time...
there was a girl who wrote with her heart and her stories
became books.”

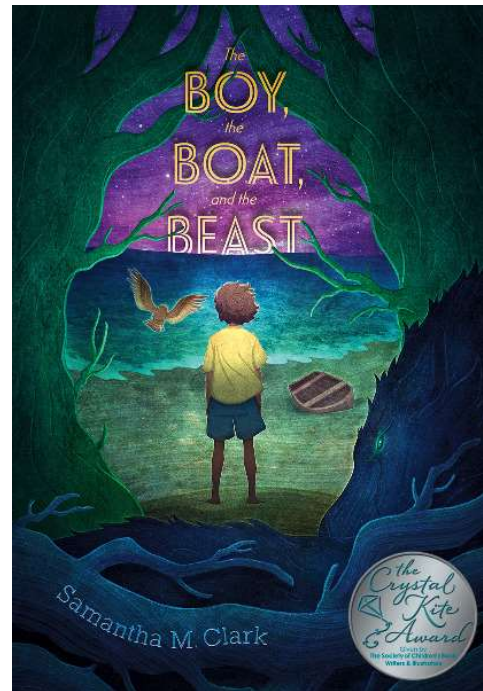

To write your own “Once upon a time...” story, print the next page, then carefully cut out each strip. Each strip begins with the words “Once upon a time...” . After that “Once upon a time...”, write your own inspirational story.

Remember: **YOU** are the **HERO** of your own story! Make it a good one.

Don’t let the stories you tell yourself or others be negative. If you have doubts or feel bad about yourself, pick up one of these “Once upon a time...” strips and write your own positive story. Write your own happy ending. Fold up your “Once upon a time...” strip, then you can keep it in your pocket or somewhere safe. Any time you need some help, you can pull out your story and read it, or pull out a new strip and write yourself a new happy ending.

Find more resources, including the Make Your Own Courage Art Therapy Project, at SamanthaMClark.com/my-books

Make Your Own Courage,





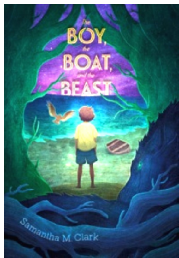
Once upon a time...

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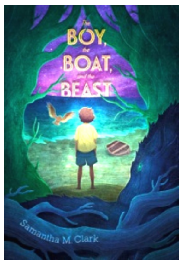
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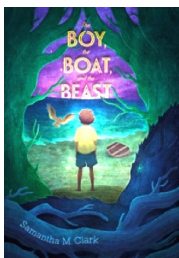
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