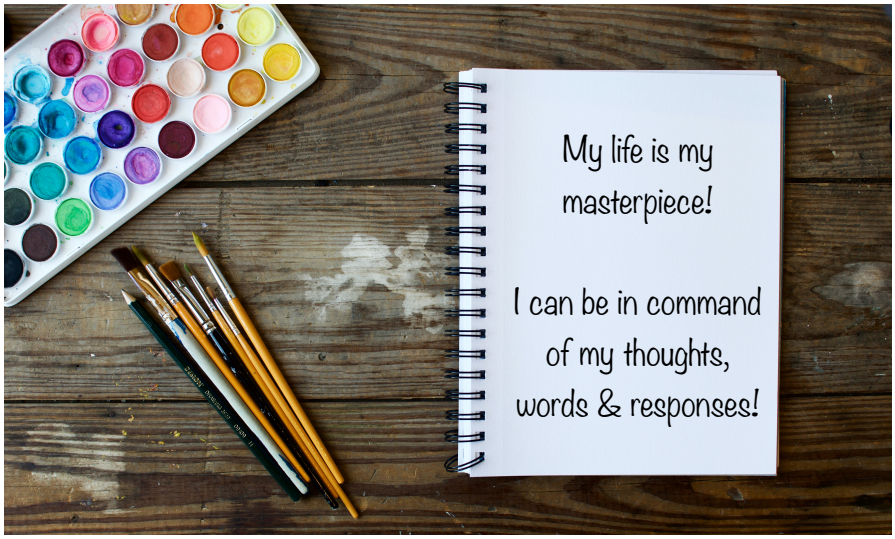
How to Write Powerful & Compelling Scripts



Your thoughts point you in the direction you will go! You will find whatever your thoughts focus on!

If you focus on negative thoughts, you enter a downward spiral of negativity!

When you RECALIBRATE your negative thoughts into positive thoughts, you can change the direction of your mind, attitude and interactions!

Become AWARE of any negative thoughts. Write them down. Flip those into powerful scripts by using only positive, hopeful and daring words in the present tense. That means, write the statement as if it were already true!

Powerful Scripts Must Be:

- ✓ Positive
- ✓ Hopeful
- ✓ Daring
- ✓ In PRESENT TENSE

"I am so happy and grateful now that..."

"Thank you, Jesus, for helping me to become..."



Start with where you are feeling discouraged or wanting to change/grow:	Re-write using only positive, hopeful, daring words in PRESENT TENSE:
I'm not good at Math. I'm going to fail this test.	I'm grateful for being able to understand Math. I feel proud I did so well on my test.
I am not attractive. I don't like the way I look.	I am a beautiful person on the inside and outside. I am happy with myself.
I don't have enough money to buy the thing I want.	I make smart decisions with how I spend my money. I am grateful for always having enough money.
I'm so unmotivated; I am a procrastinator.	I enjoy learning new things. I am fully present and motivated to take action on my responsibilities.

Does your teen need some 1 on 1 guidance and encouragement? Connect with Jenny Krumdrick, Confidence Coach for Teens at www.ContagiousLight.org JoyfulJenny@ContagiousLight.org 815-514-0051

Practice:

Start with a negative thought/word/ emotion	Re-write it using only positive, hopeful, daring words in PRESENT TENSE:

But what if my new script is TOTALLY not true? Am I lying to myself?

Let's make progress in <u>stages</u>!

Negative thought:
I'm terrible. OR This is horrible.

1st Stage of New Script:
I'm ok. OR This is ok.

2nd Stage of New Script:
I'm pretty good. OR This is pretty good.

Last Stage of New Script:
I'm great. OR This is great.

Or you can put this phrase at the beginning of any script:

"I am in the process of becoming..." or
"I am making progress with..."

Other great examples of scripts:

Jesus, I trust in you! Progress over perfection. Your opinion of me is NOT my opinion of me!

I am a decisive person of action! I'm so grateful for... I can do hard things!

Life doesn't happen to me, it happens for me. I am a beautiful work in progress.

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Work with your scripts

Write ✍️ Recite 👄 Repeat 👂 Retreat 🥰



- ✅ Write them out on a piece of paper
- ✅ Write with dry erase marker on mirror
- ✅ Write them on a post it note and hang it where you will see it and read it multiple times a day (like in the bathroom above the toilet paper)
- ✅ Read them out loud
- ✅ Use Canva to create a phone wallpaper with your script on it
- ✅ Put them into a voice memo and listen to it when you're getting ready each morning

Negative Thought	Positive Thought
This is too hard for me	I can do hard things!
I can't do this	I can try this
I'm not good enough	I'm valuable and good enough
This is just the way I am...	I am growing and becoming better at...
This is awful	I can find something good in this
I'm unorganized and forgetful	I choose to be responsible and double check every time
There's no way to do this	I can find a way
I'm going to fail	I'm going to focus and do my best
I'm afraid to make a mistake	It's ok to fail because I can learn and grow
No one likes me	I am open to making new friends
I'm not smart enough	I am focused on learning; I am making progress
I am overwhelmed	I am grateful
I don't have enough time	I can manage my time and prioritize