

5

WAYS TO
BECOME
EVEN
STRONGER



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Hey you!

You are strong! You may not believe me (yet), but it's true. You are kind, caring, and compassionate. You are talented and have many skills. You are brave and courageous. You are learning and growing every day, and in every way. You have goals and dreams and bright ideas. You can sparkle. You can shine. You are strong!

And, you can become even stronger.

How? By learning about and then practicing the ideas in this e-book.

You don't have to try all the ideas, all at once. That may feel like too much! But you can try out one idea at a time and see how it goes. When you are ready to move on, you can try another idea. Then another one, then another – you get the point.

Over time and with effort and practice, you will see just how much stronger you can become!

I believe in you and I believe that you are stronger than you know! Let's get started! Ready?

Lindsay

xo

Be yourself (not who you think you should be)

Being yourself means choosing to be you – all of you – the things that make you different and amazing. Being yourself is showing people your personality, your feelings, your talents and strengths and also sharing your worries, fears, bad moods, bad days, and things you are working on.



When you are yourself, you don't have to try so hard to fit in or care about what others think of you. You know you are wonderfully weird, delightfully different, and simply yourself! This gives you confidence and power.



How to get started becoming your more authentic self?

Try:

Listing all your talents and skills

Naming all your strengths and areas of growth

Thinking about your favourite things (right now)

Writing out what makes you unique and different from others

Setting a few goals for some skills you want improve

I am my authentic self when I...

Be Healthy (not unhealthy and unhappy)

Being healthy means making smart choices to feel healthy. These choices can be about having a healthy heart, a healthy mind, and a healthy body. Healthfulness can also include having healthy friendships, participating in healthy activities, and even having healthy guidelines for social media!

When you are healthy you feel good about yourself. When you feel good about yourself you not only want to keep making healthy decisions, but you also can feel you have energy and joy. I don't know about you, but when I feel happy, I want to show how happy I am by smiling and walking with spring in my step. Also, I want to help others even more.



How to get started becoming your more healthy self?

Try:

Focusing on health basics:

Drinking enough water

Getting enough sleep

Eating enough real and nutritious foods

Finding and feeling calm and relaxed

Learning to express your feelings

Choosing the most healthy thoughts

Spending time outside and in nature

Having fun and doing what you love to do the most

Choosing healthy friends who help you feel good

Limiting your screen time


I am my healthiest self when I...

Be Confident (not shy)

Being confident is about believing in yourself and then showing your confidence to others. It is feeling strong and secure. Being confident is not the same as being conceited. I know many girls worry about this. Conceit is boasting or thinking that you are better than others. Instead, think of confidence like this: knowing you matter, you count too, and you have skills and talents that you should feel proud of and unafraid to share with others. Confidence is standing tall, feeling good about who you are and what you do, and shining!

When you are confident, you can speak up, stand up for yourself and others too, and you can try new things – knowing that you are growing in confidence every day but working on many different skills at one time.

You can be confident in your body, in your talents, and in your friendships too. You can also be confident in different areas such as school, sports, arts, science, and animals. With confidence, you are likely to worry less about what others think about you – you know that what you think of you matters more – and you are much less likely to crumble when you make mistakes or fail. Confidence can help you feel both healthy and happy!



How to get started becoming your more confident self?

Try:

Standing up straight and tall

Using confident language: "I got this!" and "I can do it!"

Finding examples to follow - people with a lot of confidence

Developing your confidence in many skills from digital design and dance to the environment and conversations.

Being balanced and diverse.

Taking chances and be brave – do things that are hard and even scary

I am my most confident self when I...

Be Kind (not cruel)

“Kind people only” read the Instagram post I recently saw on my feed. I agree. In fact, I wish the world were filled with kind people only. Don’t you? Unfortunately, people can sometimes be so mean. Girls are no exception! This can make us feel sad, hurt, confused, and alone.

Kindness is all about being caring and thoughtful. This can begin with self-kindness – how we speak to ourselves and how we see ourselves matters a lot. For example, a kind comment could be, “I am amazing” and a way to see yourself with kindness is “You are so brave and such a good friend”. When we are kind to ourselves we feel good and we will want to share our kindness. Kindness to others could include a compliment, helpfulness, or simply taking the time to really listening.

When people are not kind to others it often means they aren’t being kind to themselves or other people are not being kind to them. They are hurt and they choose to hurt others. Unkind people need our kindness too! When other girls are not kind to you, you can tell them, “That is not kind and not okay with me” or you can choose to walk away. Hopefully one day they will be kind and we can then show them our kindness!

How to get started becoming your more kinder self?

Try:

Self-kindness

Speaking to yourself in a kind and gentle voice

Choosing kind words to describe yourself: "I am..."

Being kind to yourself with a loving touch or some time to yourself, especially when you are having a bad day

Showing yourself the kindness you would show a friend

Creating a kindness jar, filled with ways you can be kind to yourself and others too

Collecting kindness – whenever someone says or does something kind to you, write it down so you remember

Making sure you are kind on line with your likes and comments and your posts

Being kind to others with your comments, compliments, sharing ideas, thoughts, and stories, and even things like your toys or your lunch

I am my most kind self when I...

Be curious (not closed minded)

Hands down, the smartest girls I know ask a lot of questions: “How are you?” or “What are we doing today?” When they are confused they ask questions like this: “Can you explain that to me again; I don’t understand?” or “Why are we doing this or that?”

The more questions they ask, the more they learn. The more questions they ask, the more clear ideas become. And, the more questions they ask, the more questions they have. All these questions can help them (and you) become more open to all kinds of ideas and possibilities. There is no stopping you, once you start asking!

Some girls seem to be born this way. They have always asked questions. Other girls have learned to be this way. Girls I work with that don’t ask any questions at all practice being more curious with this basic tool: one question each day! With practice and more practice, they become very skilled at asking questions, over time.

With curiosity, comes answers and also confidence. Think about it: asking questions is also an act of bravery. Asking questions can be hard or scary. Someone may laugh at you or judge you. This is true. But asking questions can also help you learn and grow and become so much more smart, confident, and even powerful. I say, who cares what others say, just keep asking, one question at a time!



How to get started becoming your more curious self?

Try:

Asking simple questions:

Who?

What?

Where?

When?

Why?

How?

Then asking deeper questions:

Why not?

What else?

What would happen if...?

I wonder about...?

I am my most curious self when I...



Questions:

Starting today, how can I
become even more...

Authentic?

Healthy?

Confident?

Kind?

Curious?



The 5 Ways to Become Even Stronger e-book has been designed for growing girls who want to become even more bold and brave than they already are today.

Girls are strong – they are kind, caring, smart, beautiful, energetic, and courageous. Yet, they can hold back and hesitate, they can grow shy and feel that they are simply not good enough. Growing girls begin to care too much about what others think of them and afraid to be their truest and most shiny best selves.

The 5 Ways to Become Even Stronger e-book is for girls, ages 8+ who need the ideas, the specific tools, for how they can be certain of themselves, how they can feel and show their confidence, and how they can learn to become even stronger every day!

Much love,
Lindsay
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