



the power to heal

Soaringwords' SOARING into Strength Positive Health Initiative SOARING into Optimism Workbook

Proud Silicon Valley Community Partners:



Presented by:

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What Are You Hopeful For?

What are the three things you are hopeful for in the next month? Write a few sentences for each response that describes how this makes you feel, why this brings you a sense of positivity.

1

2

3



Re-framing an Event from Your Life

Think of a challenge or obstacle in your life and summarize the same event in two different ways: first, with a pessimistic perspective (internal, long-lasting, global).

The Challenge/ Obstacle:

Pessimistic Perspective:

Internal:

Long-Lasting:

Global:



Re-framing an Event from Your Life

Now, explain the same situation with an Optimistic Explanatory Style (external, temporary, specific).

Optimistic Explanatory Style:

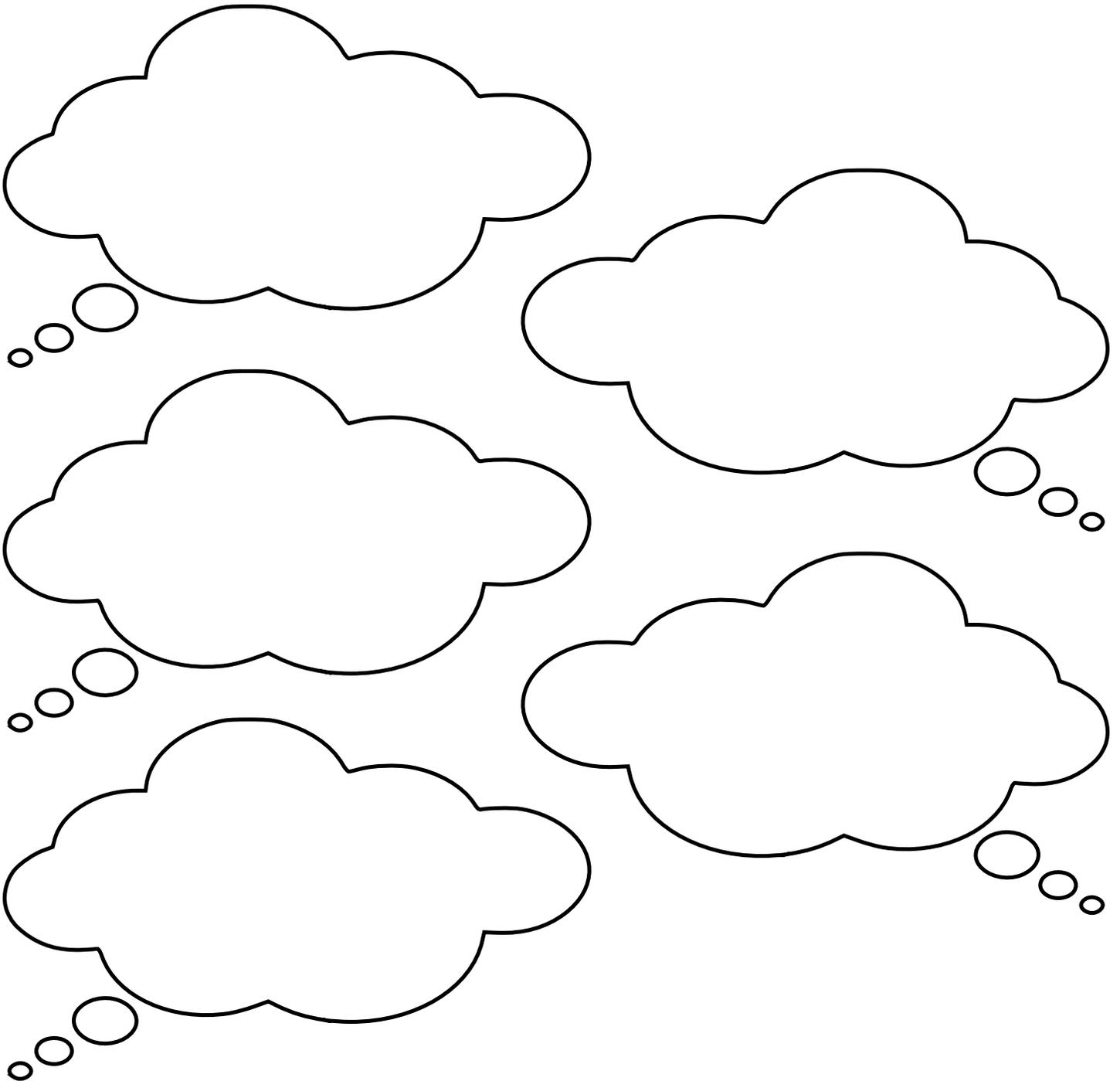
External:

Temporary:

Specific:

Thinking Traps

Think of a recent negative situation, and fill out the thought bubbles with what thinking traps you might have stumbled into.



The page contains six large, empty thought bubble outlines arranged in two columns of three. Each bubble has a main cloud-like shape and three smaller circles leading to it, representing a thought process. The bubbles are intended for the user to write down thinking traps they identified in a recent negative situation.

Seligman's ABCDE Model

Think of a challenge or setback from your own life. Spend some time working through the prompts to strengthen your optimistic explanatory style.

A

Adversity

Recognize and pay attention to the adverse thought, incident or feeling to allow yourself to think about it critically.

B

Beliefs

What are your beliefs about the pessimistic thought, feeling, or event? How are these beliefs impacted by your pessimistic thoughts?

C

Consequences

What are the ramifications of the pessimistic thoughts for your well-being?

D

Disputation

How can you argue with the pessimistic thoughts? How can you try to change them? If you find it difficult to argue with your thoughts, it may be helpful to turn to a friend or loved one for perspective and guidance.

E

Energizing

You have the power to decide how to put your energy into being more optimistic about future possible thoughts, events or feelings.

Work Through Seligman's ABCDE Model

Think of a positive example from your life where you experienced a little bit of pessimism or negativity and work through all the prompts below.

A

Adversity

Recognize and pay attention to the adverse thought, incident or feeling to allow yourself to think about it critically.

B

Beliefs

What are your beliefs about the pessimistic thought, feeling, or event? How are these beliefs impacted by your pessimistic thoughts?

C

Consequences

What are the ramifications of the pessimistic thoughts for your well-being?

D

Disputation

How can you argue with the pessimistic thoughts? How can you try to change them? If you find it difficult to argue with your thoughts, it may be helpful to turn to a friend or loved one for perspective and guidance.

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Guidelines for Creating SoaringFables

Fables are a type of story or legend that have been passed down through generations. In countries all around the world, fables are well-known stories that have been told for years and years. Each fable has a motto or lesson at the end that teaches us something. You too can write a fable or micro-story to join the thousands of people who have enjoyed making fables for hospitalized children. We know that the children will love reading the special fable you wrote just for them.

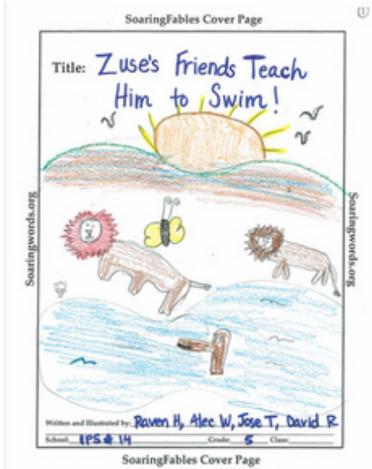
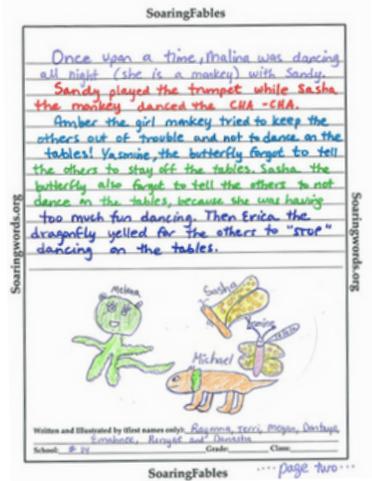
Recommended Steps for Writing Your Fable:

1. We recommend that all the main characters of your fable be animals. Use the attached worksheet to help you choose your animals and their characteristics. You can give them human qualities like the ability to drive a car, to talk on the phone, to laugh, to dance, or to build a house.
2. Think about the plot or action of your fable. What is the plot or the action of the story? If you are working with another person or a group take turns writing one sentence at a time.
3. Think about the moral or motto of your fable. This is the lesson that you want everyone to understand when they are done reading your fable. To see examples of other tables, go to Soaringwords.org and then go to SoaringFables.

Pointers:

- Do** write your fable ideas and paragraph on a piece of scrap paper first, so you can cross things out and play with different words.
- Do** use Soaringwords Border to write and illustrate your story.
- Do** make your picture really big, bright and colorful.
- Don't** include illness or death in your fable.
- Don't** write or draw anything violent.
- Don't** write "Get Well Soon" or "Feel Better" because sometimes these messages can make an ill kid feel sad.

After You Finish Your Fable: You can give your fable to a child who is ill. Or, you can mail or email it to heal@soaringwords.org and we will share your fable with a hospitalized child and/or post it on our website. Or you can mail it to us at Soaringwords, 5 West 86th Street Suite 1500, New York, NY 10024.



Animal Worksheet

All around the world, different cultures believe that animals have unique powers and characteristics. Here are some examples that we found in our soaring adventures. Choose one or several of these animals or come up with your own animal.

- | | | |
|---------------------------------------|---|--|
| Alligator- adaptability | Dragonfly- magic, miracles | Panda- kindness |
| Ant- team player, patience | Eagle- soaring spirit | Penguin- adventurous |
| Antelope- action | Fox- clever | Polar Bear- fearless |
| Armadillo- warrior, protection | Frog- cleansing | Porcupine- innocence, playfulness |
| Badger- aggressive | Hare- rabbit- quickness | Prairie Dog- rest, stillness |
| Bat- guardian of the night | Horse- stamina | Raccoon- generous protector |
| Bear- power | Hummingbird- miracles, joy | Ram- teacher |
| Beaver- hard working | Jaguar- integrity, impeccability | Seahorse- confidence |
| Buffalo- sacred | Ladybug- playful | Seagull- grace |
| Butterfly- transformation | Lion- strength | Snake- transformation, growth |
| Cat- willful and strong minded | Lizard- dreaming | Spider- creativity |
| Cougar- courage | Lobster- determination | Squirrel- resourceful, gathering |
| Coyote- insight | Monkey- playful | Stingray- mystery |
| Crow- beauty | Moose- self-esteem, strength | Swan- graceful |
| Deer- gentleness | Mouse- kind & cute | Tortoise/Turtle- slow & steady |
| Dog- loyalty | Octopus- shyness | Turkey- spirit of giving |
| Dolphin- kindness | Otter- energy | Whale- wisdom |
| Dove- love | Owl- wisdom | Wolf- togetherness |

Now take a minute to think about your animal and answer these important questions:

1. What kind of animal did you choose? _____
 2. Is your animal a boy or a girl? What is the name of your animal? (It can be your name or the name of someone you like or just a cool name) _____
 3. Is your animal a baby, a kid or a grown? _____
 4. What is their personality? Is your animal serious, funny, happy, forgetful? _____
-
6. Write one interesting fact about your animal. (It can be funny or serious)
 Here are two examples – Tina is an elephant who likes to dance the tango or Julio is an octopus who loves to play eight instruments at the same time. _____
-

My SoaringFable

Created By: _____