G . R . A . C . E

INTERACTIVE WORKBOOK

By: Pamala Mc Coy

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"Good day! May grace and blessings be in your path."

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WELCOME TO THE B5™ FAMILY

YOU ARE A B5™!

BONA5D BOSS BRAINS BEAUTY BELIEVER

"**WHY B5**" … To EMPOWER. To provide a tool for females to be a gentle reminder of her value, her worth, her uniqueness, her beauty, her perfect imperfection ♥. Additionally, the importance of the POWER of positive self-talk, to love herself ALWAYS, her opinion of herself is the most important, no one is perfect, and she has inner strength that she can draw from at any time.

~ GOAL ~

Your B5™ ReAffirmation Box is a behavior modification tool designed to help you shift your mindset to that of "**I'M ME**" (**I**mprove **M**y **M**ental **E**steem) and transform your negative thought process into powerful positive self-talk and start developing a strong sense of self-esteem starting today.

It may not be easy at first due to ingrained habits developed over your lifetime, but if you consistently practice these actions of Affirmation and ReAffirmation every day or at least regularly they will start to become second nature and you will start to see an improvement in your self-esteem.

At the end of the day, a person with high self-esteem is a person who loves herself as a person who has value and worth. When you love yourself, you will lead a healthier life. You will take care of your body by exercising regularly, eating healthier and you will take care of your mind with positive talk and a healthy social life. You will love your body recognizing we are each built different, with a unique shape, size and characteristics.

The B5 Family is here to support the journey of empowerment. If you continue to struggle with your self-esteem, feel overwhelmed or develop negative thoughts that may put yourself or someone else in danger, talk to a trusted adult, call 911 or 211* ***IMMEDIATELY**! Do not deal with these feelings alone.* ***YOU PROMISE*** 🤞

ARE YOU READY TO GET STARTED?

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GRACE TO G.R.A.C.E.

Let's talk about the word '**grace**' before we talk about the acronym 'G.R.A.C.E.'. If you were to look up the word grace, you would find descriptors such as: courteous goodwill, unmerited, mercy, undeserved, not earned, freely given, and as it relates to religion, (favor) that God gave to humanity by sending his Son, Jesus Christ, to die on a cross, thus securing man's eternal salvation from sin.

In some Eastern cultures, they refer to the five senses - sight, sound, touch, smell, and taste as grace.

Grace is forgiveness without consequences.

Ultimately, grace is something that is nice to receive **from** others, nice to give **to** others, and nice to give **to SELF** 😊 Grace is like a gift … of forgiveness.

Pause for a few moments … Can you think of examples of times that represent each of those 3 types of grace … grace you received **from** someone, grace you gave **to** someone, and when maybe if you didn't, but maybe could have and in hindsight you should have given it **to** yourself?

Do you want to share?

How about a wonderful thing about grace is that, oftentimes when we realize in hindsight that we could have or should have extended grace, we can always go back and still give it. Isn't that a beautiful thing? ❤

*The definition of grace prepared your heart & mind to be ushered into the acronym of **G.R.A.C.E.***

~ ~ ~ ~ ~

The **G.R.A.C.E.** [**G**ratitude, **R**eflection, **A**ttitude, **C**haracter, **E**steem] activities will support **I'M ME** (**I**mprove **M**y **M**ental **E**steem). They are designed to reinforce affirmation and reaffirmation which the foundation of self-esteem. It is like building a house, you must start with the foundation first before you can add walls and a roof, right?

SO, LET'S START BUILDING A STRONGER YOU … FROM THE INSIDE, OUT!

"I'M ME"

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Gratitude Challenge

What is the definition of gratitude? _____

_____

_____

I challenge you to do the following tasks to keep you focused on **gratitude**. I don't want you to rush through this or think of it as a I just want to get it done; rather, think of it as heart work.

Choose at least 10 things you are grateful for and fill in the blank with your answer or draw your answers on the blank page (I hope you'll choose more 😊). I have left a couple blanks in case you want to come up with a few of your own.

At the end, take some time to look back over your completed list – how does it make you feel inside? Periodically visit the list 😊

P.S. Maybe challenge a friend to do the same challenge …

01 – Something about yourself that is unique. _____

02 – Something you created that you are proud of. _____

03 – The best gift you ever received. _____

04 – A place you feel secure. _____

05 – Something you love to do. _____

06 – An answered prayer. _____

07 – Something that gives you a sense of wonder. _____

08 – Something that makes you feel special. _____

09 – What made you smile today. _____

10 – Someone who can make you smile. _____

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11 – A goal you achieved. _____

12 – Something that makes you feel peaceful. _____

13 – A lesson you are grateful you learned. _____

14 – A time you were given a helpful hand. _____

15 – A time you gave a helpful hand. _____

16 – What person are you grateful for. _____

17 – A favorite memory. _____

18 – Something that relaxes you. _____

19 – Something you love to do. _____

20 – What talent are you grateful for. _____

21 – What are you most grateful for. _____

22 – What invention are you grateful for. _____

23 – What thing/situation are you grateful you overcame. _____

_____

_____

24 – _____

_____

_____

25 – _____

_____

_____

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Gratitude Challenge Illustrations (optional)

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Reflection Journal

You will need: Tablet (Paper or Electronic) or Notebook Paper and Pen/Pencil/Stylus

This exercise will help you think about the good things that you experience and do. It helps you look at life positively and become a better person. Though the goal today is that you create the journal and then complete an entry about at least **five** things in great detail, very descriptive; I hope that you will make it a habit to add more entries in the coming days, weeks, months.

You may choose to have a set time for your future entries like before you go to bed, or you may have a designated place where you go to add to your journal.

The below questions will help you get started by giving ideas of things you might want to reflect on.

1. Something I did well today ____
2. I felt proud today because ___
3. I had fun when _____
4. I accomplished _____
5. I did something for someone _____
6. I had a great experience with _____
7. I found it interesting when _____
8. I was proud because he/she _____
9. I saw this positive thing today _____
10. I did something for someone today _____
11. Today was interesting because _____

REMEMBER: No one has a '**perfect**' life and that no matter how bad a day you may have, you can find something to be **grateful** for and on days when it may be tough to think of something, go back to a prior entry and **reflect** on that moment/memory and the gratitude, joy, smile that it created when it happened and when you wrote it. P.M.A. (Positive Mental Attitude) allows you to find peace in these memorable occurrences.

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Attitude

P.M.A. { Positive Mental Attitude }

Definition of ***attitude***: one's disposition, reflective of a person's behavior, emotional component

"Positive thinking actually means approaching life's challenges with a positive outlook. It does not necessarily mean avoiding or ignoring the bad things; instead, it involves making the most of the potentially bad situations, trying to see the best in other people, and viewing yourself and your abilities in a positive light."

Our attitude is in our control. We can't say things like, "you made me do/say that". If you feel yourself getting angry, PAUSE or walk away for a moment before you respond.

Examples of positive attitudes:

- Being true to yourself… **always**.
- Not letting other people's negativity bring you down.
- Being happy for someone else's success.
- Having a positive future vision, no matter how bad your current circumstances.
- Being kind … in words and deeds.

ACTIVITY: (Note: You can write below or draw on the Attitude Illustration sheet.)

Think of a situation that you feel you didn't handle the best. How did you respond?

_____

_____

_____

_____

How could you have responded differently? _____

_____

_____

_____

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Think of a situation that you feel you handled well. How did you respond?

_____

_____

_____

_____

What do you think made the difference in your response in the two situations?

_____

_____

_____

_____

When you improve your attitude, you will find that your overall health will be better as well as you will see improvements in your ability to cope with stress. Additionally, you will find that you will be more optimistic about things in general which will make you smile more often due to the joy that you will feel.

Your attitude and can lead to your altitude… meaning when people want to be around you, you may be positioned for opportunities (no one wants to be around a negative person, do you?)

And, we must always remember that "**I AM IN CONTROL OF ME**" … that includes my attitude, my behavior, my emotions, my actions, and my reactions.

LET'S STAY POSITIVE !!!!!

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Attitude Illustrations (optional)

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Character

Character is the moral qualities distinctive to an individual; their ethical standards, principles… such as: integrity, honesty, loyalty, trustworthy, sincere

What does it mean to have integrity? _____

What does it mean to be honest? _____

What does it mean to be loyal? _____

What does it mean to be trustworthy? _____

What does it mean to be sincere? _____

If you were **TRUTHFUL** with yourself, would you say your character represent each of these adjectives today? (I didn't put a line because I just want you to answer this question silently). If your answer is 'no', that is okay. No one knows your answers except you ☺ But, it is really important that you are **ALWAYS** truthful with yourself so that you can work on things that are identified as areas of improvement, that is how we become our BEST SELF!

REMEMBER, **NO ONE** IS PERFECT! WE ALL ARE A WORK IN PROGRESS! EACH DAY IS AN OPPORTUNITY TO BE A BETTER ME! AND BEING A BETTER ME IS A **CHOICE**!

So, here's some options on how you can start to change (if you answered 'no') or improve (if you answered 'yes').

This activity will require self-examination. When you have completed it, it may be something you add to your **R**eflection Journal. I want you to think about the 5-character traits above and a person, a time, a situation, when perhaps you may not have demonstrated these in the best light. How could you have handled it differently? If possible, you need to make it right. Doing the right this is often the tough thing. That may mean an apology, it may mean doing something, it may mean telling the truth about something. It may even mean forgiving someone (the gift of grace), and how about the someone maybe you. People often mistake forgiveness as something that is done for the other person, but it is a gift to yourself ☺

TWO RULES TO LIVE BY.

RULE#1 … ALWAYS DO THE RIGHT THING!

RULE#2 … IF YOU FOLLOW RULE#1 THERE ARE NO OTHER RULES!

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Esteem

Respect. Courage. Confidence. Worth. Abilities.

This activity is all about, **SELF**! YOU are the priority! OK 😊

Self-esteem is confidence in one's own subjective worth or abilities, self-respect.

Let's practice some positive affirmations.

Positive - About You – Short - Present Tense - Specific

Use the hints above and the correct format (thumbs up) to write some affirmations about 'you' on the sheet provided or draw some on the Esteem Illustrations sheet.

Start With: "I am" "I can" "I have" "I know" "I do"

Include a feeling word: "successfully" "confidently"

Never use: "not"

- "I am not afraid to express myself"
- "I let my fears paralyze me"
- "I can't be a success"
- "I don't think I'll pass my test"

- "I am confidently sharing my opinion"
- "I will confront my fears head on"
- "I am progressing towards my goals"
- "I have studied sufficiently to pass"

REMINDER: Affirmations are about your own behavior, **never** someone else's

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~ MY AFFIRMATIONS ~

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Reminders about your self-**esteem**:

➢ #1 LOVE YOURSELF! ♥

- Acknowledge Your Successes
- Challenge negative thinking: such as
  - Not giving yourself credit for your achievements and other positive experiences by insisting that they don't count. For example, "I only did well on that test because it was so easy."
  - You reach a negative conclusion when little or no evidence supports it. For example, "My friend hasn't replied to my email, so I must have done something to make her angry."
  - You confuse feelings or beliefs with facts. For example, "I feel like a failure, so I must be a failure."
  - Negative self-talk: You undervalue yourself, put yourself down or use self-deprecating humor. For example, "I don't deserve anything better."
- Don't Beat Yourself up over Your Mistakes
  - Take the time to learn the lesson from the mistake and then move forward
  - If possible, make the situation right … whatever that entails (apology, conversation, forgiveness, etc.)
- Stop worrying about what others think
  - The most important opinion, the one that matters is **YOURS**
- Let negative people go….surround yourself with supportive positive people

YOU ARE UNIQUELY AND WONDERFULLY MADE… PERFECTLY IMPERFECT. NO ONE CAN BE YOU BUT YOU, SO FOCUS ON BEING THE BEST YOU, THAT YOU CAN BE. ONLY COMPARE YOU, TO YOU AND NO ONE ELSE. CHALLENGE YOURSELF EACH DAY TO BE A BETTER YOU THAN YOU WERE THE DAY BEFORE AND FIND A REASON TO SMILE EACH DAY 😊 WHEN LIFE GIVES YOU LEMONS, MAKE LEMONADE BECAUSE GIVING UP IS NOT AN OPTION. MS. P LOVES YOU AND THERE'S NOTHING YOU CAN DO ABOUT IT 😊 💜

DREAM BIG!!!!!

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Esteem Illustrations (optional)

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BONUS ACTIVITIES

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Affirming YOU

You are uniquely made, with a purpose that only "YOU" can fulfill. Take a few moments to reflect and celebrate "YOU"!

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Random Act of Kindness

What is it: It is a '**selfless**' act performed by a kind person to either help or cheer up a random stranger for no reason other than to make people happier or bring them joy. The act can be spontaneous or planned. It can be done as an individual or as a group.

Kindness is defined as the quality of being friendly, generous, and considerate. Kindness is a way to change the world for the better and a way to better ourselves for the world. Kindness is a potential path to happiness and a happy way for us to potentially find our paths.

Being kind boosts serotonin and dopamine, which are neurotransmitters in the brain that give you feelings of satisfaction and well-being and cause the pleasure/reward centers in your brain to light up. Endorphins, which are your body's natural pain killer, also can be released. Discover ways you can create happiness.

- **Sample random acts of kindness to do later**
  - Let someone go in front of you in line
  - Share something you have with someone
  - Give a stranger a compliment
  - Do a favor for someone without asking or expecting anything in return
  - Mentor someone
  - Text/post an encouraging message to a specific person
  - Make someone a personal gift
  - Leave a $1 with a little note for someone to find (like on a shelf in a store)
    Ex. Just a little blessing from me to you 😊 or This is for you. I challenge you to do a random act of kindness for someone else

    Get creative! Come up with '**random acts of kindness**' that you can do to make people smile, bring people joy and by default (at the same time) … to make your heart smile and your brain light up 💜

KINDNESS MAKES THE WORLD A BETTER PLACE !!!!!

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Celebrate "YOU"

This activity will challenge you to 'pause' at least once each day to celebrate how SPECIAL you are and intentionally remind yourself of your AWESOMENESS!

And, a cool thing is, you can do it ANYWHERE and only you will know you are doing it unless you choose to let someone know.

So, are you ready?

First, jot down your birthday using the month number and date number as though it was time from a clock.

Ex. for December 7th you would write **12:07**

Second, make a mental note of that time.

Lastly, **EVERY DAY**, at that time (AM and/or PM), pause what you are doing and say something positive about yourself to yourself.

REMEMBER: Affirmations start with…
"I am" "I can" "I have" "I know" "I do"
Ex. I **am** a B5, I **am** a good person; I **am** helpful, I **am** honest, I **am** kind, I **have** a great personality, I **have** accomplished _____, I **know** that I **am** smart, I **am** a good friend, I **do** kind things for people, I made _____ smile today,

You get the idea 😊

It's that simple! Pledge to yourself that you will do this **daily** and share this affirmation activity with others. KEEP LOVING YOU! 💜

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FAVOR

If you are comfortable (and your parent will allow) and would be so kind, I would very much appreciate it if you would please take a moment to record a video testimonial about your experience with …

B5 ReAffirmation Box and/or the G.R.A.C.E. workbook

No special format

And it may include things like:

what you like,

what you learned,

about your experience,

how you will use it,

what it means to you

You can load it to your social media and Tik Tok and tag me or email it to me [B5ReAffirm@gmail.com].

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