

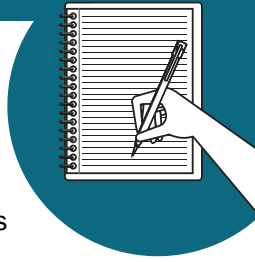
Fairytale Journal – Finding my feelings

Name: Peek



A journal allows you to think about a situation and learn from it.

In this journal, Peek starts with finding his feelings.



Well, it all turned out much much better than anyone ever expected. And to think that us elves were stuck in our struggle for so long! But I realise now it was my feelings keeping me trapped:

MY TOUGH FEELINGS WERE:

- This feeling is awful and will go on forever
- I'm not good enough if this is not good enough
- If I can't do it now, I never will

BUT I ALSO FELT

- Excited to learn something new
- Sick and tired of being stuck
- Hopeful that the E.L.F tools would actually help

so, I gave it a try! I had to work really hard to keep my feelings from going down their favourite thoughts. And it worked!

I HELPED MYSELF BY THINKING ABOUT THESE:

- Everyone struggles. If they can keep on, I can.
- Every time I try again I win, even if I still struggle.
- I've got tools to help.