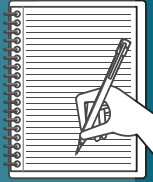


# Fairytale Journal – Writing Reflection

**Name:** Puss 'n Boots

A journal allows you to think about a situation and learn from it. Sometimes just free writing can give you lots of insight. Try it!



Kittens are supposed to be fun and frisky, right? Well, not me! I was that kitten hiding in the corner while all the other kittens were playing, sleeping, or stretching out wherever they pleased. I watched them, envious. But it felt too scary. I felt safe where i was.

When I first put on those boots - wow, I felt like someone had switched on a bravery button. Now, I could do anything! And I did! It was so exciting to have the whole world open up to me. Heck, I even went and visited the King! Can you believe it?

But oh what a jolt when the boots broke. Now, I was just timid me again. Or was I?

You see, when Tom told me the boots were just plain old boots - I realised the only difference was me! I was telling myself I am brave enough. Well, I thought, why not keep that up?

I'm not angry with Tom for telling me the boots made me brave. In a way they did, because they made me believe in me. But I've learnt:

1. What we tell ourselves really really matters
2. Being brave involves stepping out - again and again
3. Things definitely become easier with time. Try!