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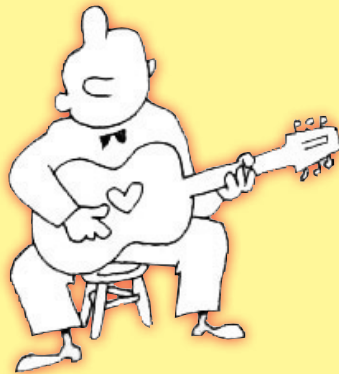
Pep Talks

For When You Need Them



By Bill Zimmerman

Art by Tom Bloom



This book belongs to

(TYPE HERE)

PEP TALKS

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An Interactive Digital Diary
from MakeBeliefsComix.com

Pep Talks for When You Need Them
By Bill Zimmerman

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The author welcomes comments and suggestions that you would like to see included in future editions. Please write: William Zimmerman, Guarionex Press Ltd. 201 West 77 Street, New York, NY 10024
Thank you.

For other books by Bill Zimmerman, visit <http://www.billztreasurechest.com> or www.makebeliefscomix.com/eBooks/

Dedication

*In memory of my cousin Ruth
who showed me so much love
and who had such a strong spirit.
She gave me courage.*

—BZ





Dear Reader,

Who among us doesn't need to hear warm, encouraging words from time to time—even if we have to say them to ourselves?

I know I do.

I first began writing and giving myself pep talks during the many years I managed daily newspapers. Often, in the quiet of early mornings before work, I would compose the thoughts found in this book. They were a way to talk to myself, to find comfort and courage, to feel less alone as I began my day.

Some of these pep talks were written to help me deal with the daily pressures of work; others were written as I struggled with personal problems that overwhelmed me at times.

More recently, I composed more pep talks while undergoing grueling medical treatment for a chronic health problem. I badly needed such words to help bolster my spirit and maintain a sense of dignity and self-respect when I felt weak.

In reviewing my notes for this book, I discovered common themes: I often seem to tell myself to keep going no matter what, to put one foot ahead of the other even when I want to stop. I tell myself to always have hopes and dreams for the future. My hope is that the good words in this book will be meaningful for you, too. I am sure that at times you may silently say your own words of comfort which meet the needs of your own special life.

In this book space is provided for you to record your own words of inspiration and support. As you turn the pages, you will find questions accompanying each pep talk to help you think more deeply about what you have read and, if you wish, to jot down some thoughts. There are pages, too, for you to write your own pep talks when you want to. This book which you have downloaded is presented in the form of an interactive digital journal. It allows you to directly type your thoughts into the designated areas on each of the book's pages. When you finish typing, simply save the document until the next time you are inspired to make new entries.

The best pep talks, of course, are the ones you give yourself.

This book gets you started. I hope that after you read it, you will share this book with those whom you hold dear. It is meant to help you believe in yourself and carry on in this hard, amazing, wonderful life.

Yours sincerely,

Bel Zimmerman

When the New Day Arrives

Light returns. Night's blackness is dispelled.

We gather our strength anew.

*We are welcomed to the new morning
by the people we love,
by our pets who lick our faces, nuzzle us,
chirp or mew at us.*

We see the sun again.

*We rediscover the rays of hope within our nature
—we find they have not disappeared.*

*Once again we have a chance to make today
better than yesterday.*

*Every morning of our lives is a new beginning
for each of us...*



Start your new day with any
of the positive words which follow.
Find a page that suits your need.

Take time, too, to listen to the
words of encouragement within
waiting to come out and be acknowledged.

Remember, no one can give you better pep talks
than the ones you say to yourself.

BELIEVE
IN YOURSELF
WITH ALL
YOUR
HEART
AND
SOUL



You must be father to your own son, mother to your own daughter. You must love yourself enough to care and nurture your being. No one else can love you as fully as you do yourself.

CONSIDER:

Can you remember a time when you were kind and loving to yourself? When?

(TYPE HERE)

Handwriting practice lines for the reflection section.



PERSIST IN YOUR JOURNEY



Don't give in to all the doubts and uncertainties that gnaw at you. Plunge in and find delight in your exploration. Don't backtrack.

Above all, keep going, no matter how torturous the path or how discouraged you feel. March on through the water, the mud, the rain until you find a clearing in the woods or jungle where the sun shines. **This is the only way.**

CONSIDER:

Can you remember a time when you overcame your fears and self-doubts? When?

(TYPE HERE)



WE
FIGHT
A LION
EACH DAY

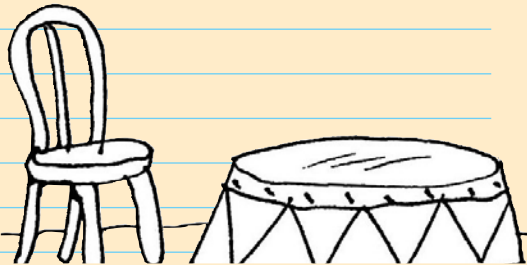


The lion stands for the frightening things that we face—problems at work or school, our own fears of change or of the unknown, issues of health. **If you insist on being brave, then you will be.** You just need to call up all the good, strong qualities within you. They are there even if they seem to be hidden by your fears. Just start reaching inside yourself to uncover these strengths.

CONSIDER:
Which lion are you fighting today? Which frightening lion have you defeated?

(TYPE HERE)

Handwriting practice lines (blue lines) for writing a response.



BREAK
UP YOUR
BIG
GOALS
INTO
LITTLE ONES



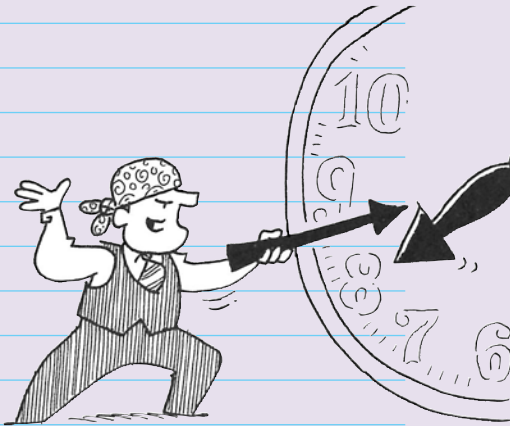
Achieve your dream step by step. Goals often need time and nurturing to be completed. You should know by now that nothing comes all at once. **Be patient, be persistent.**

CONSIDER:

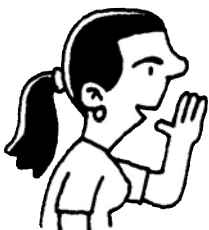
Do you remember a dream that you fulfilled little by little over time?

(TYPE HERE)

Handwriting practice lines for the 'CONSIDER' section.



EMBRACE
ALL THE
SILLINESS
AND
LUNACY
WITHIN YOU



Don't worry what people say about you, that you are different or do not meet the norm. Every squiggle in you is what makes you the special person you are. **Learn to accept your quirks and wrinkles** rather than spending fruitless time trying to erase or modify them. Appreciate the foolishness and curiosity lurking within you which beckon you to play and to think outside the box. Stop changing yourself to please others. **Instead, accept yourself in your full glory.**

CONSIDER:
What are the things you like about yourself?

(TYPE HERE)



Talk
OFTEN TO
GOD
OR TO A
SPIRIT
WHICH BECKONS YOU

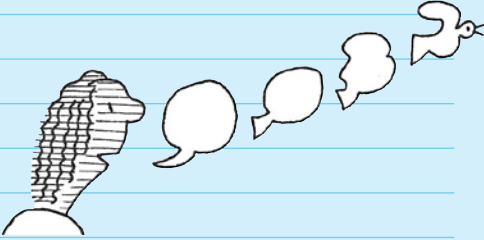


Send out your prayers or hopes during the day. Write or say them before you fall asleep in bed at night. Your relationship with a higher force will help you overcome your sense of isolation. *And remember to give thanks, too, for the good things in your life.* They are there, but you must take time to recognize them.

CONSIDER:

What is the prayer you often say? What are the words you use to comfort yourself? What are you grateful for?

(TYPE HERE)



BELIEVE IN RAINBOWS



The very thought of them will get you through the storm. Think of walking under them, on top of them, or even through them. Come to think of it, wouldn't it be amazing, to walk on a bridge of rainbows? Your imagination will allow you to do so. Remember, there always is beauty around you if you look through your tears, if you open your heart.

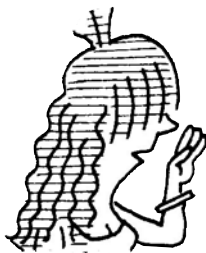
CONSIDER:

What would you hope to find at the end of a rainbow?

(TYPE HERE)



TAKE
PLEASURE
IN THE
SMALL
THINGS
THAT YOU
HAVE



They are ultimately the big things in your life. Each day try to find at least one beam of light and hold onto it. Never keep it out of your mind as you enter the tumult and uncertainty of your day. Appreciate the happiness you do have, for life constantly presents challenges and things can slip easily from our hands.

CONSIDER:
Name a simple pleasure or two that is meaningful to you.

(TYPE HERE)



“ ” “ ”

TALK TO YOURSELF A LOT

“ ” “ ” “ ” “ ”



Comfort yourself. Speak softly and say the special words that get you moving in the new day, the words that give you courage. You cannot resist these words—they pull you along even though some mornings you may want to just hide under the covers and not face the day. Find the good words to say to yourself. Never forget them.

CONSIDER:
What are the special words that give you courage?

(TYPE HERE)



DEFINE
WHAT IS

Beautiful

TO
YOU



Do you thrill in looking at the sky, in feeling the rays of the sun or smelling fresh-cut grass? Do you find pleasure in seeing birds and butterflies? Now, recall the serenity of a beach, the awe of the sea, the majesty of a mountain. Call on all this beauty and wonder when you are lost in a dark state of mind. Nature will never fail to dazzle you or heal you.

CONSIDER:
When did nature last comfort you? What is beautiful to you?

(TYPE HERE)



Celebrate

THE GOOD THINGS

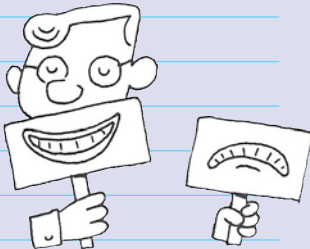


Try to step outside of your pain or hurt and focus on something that will give you pleasure and joy. Why fixate on something that hurts you? Try your best to think about the things that make you happy or the dreams that you want to see come true. Give in to these hopeful thoughts. Wrap them around you.

CONSIDER:
What gives you deep pleasure and joy?

(TYPE HERE)

Handwriting practice lines (horizontal lines) for the "CONSIDER" section.



HOLY, HOLY, HOLY

WHAT IS SACRED
TO YOU?



Which of all the things you have, the things you hold onto, would you refuse to give up no matter who tried to wrest it from you? What are the core beliefs which make you you? Think deeply about what sustains you.

CONSIDER:

Write down a belief which you hold which will never crumble or fall by the side.

(TYPE HERE)

Handwriting practice area with horizontal lines and a cartoon character writing.



Create visions for yourself



It is important to stand apart from your day and dream about the future. Visions always give you hope. They tell you where you want to be, what you want to accomplish; they tell you how you want to change and where you want to go with your life. **Visions help you move forward and explore the fullness of your nature.** Without dreams, where would you be? Without them, wouldn't life be empty?

CONSIDER:
What dream do you have for yourself?

(TYPE HERE)



HOLD YOUR OWN HAND



Sometimes when there is no one there to love and help you, that is when you must reach out to yourself and offer a helping hand. You must treat yourself as you would another who is in need of aid. This means offering an encouraging word, a warm smile, the recognition of all the good, hard work you do. **This means being kind to yourself.** If you can't reward yourself for all that you have achieved, who will do it for you?

CONSIDER:

When was the last time you said kind words to yourself? What were they? Or, what are the words you would like to hear?

(TYPE HERE)



SPEAK UP

FOR
YOURSELF



Believe in your value and in your ideas. You make a solid contribution and always try to do your best. Be proud of your accomplishments. When the time comes for you to ask to be rewarded for the good work you have done, don't hesitate to express what you want if it is within good reason. Don't expect people to read your mind. **Be prepared to advocate for yourself and your ideas.** If you cannot be bold for yourself, then who else will fight for your dignity?

CONSIDER:

**Was there a time when you spoke up for yourself?
How did it work out?**

(TYPE HERE)



REMEMBER TO GIVE THANKS



Whatever bad things happen to you in life, there still is always something good in your life to be thankful for, too—if only you take a moment to be fully aware of what you have. After all, you are alive; you can enjoy the light and smell the fresh air. You can find comfort in knowing others. *All the things that give you pain become diminished when you pause to appreciate something positive*, something wondrous about your life.

CONSIDER:
What are you thankful for? Spell it out. What or who is wonderful in your life?

(TYPE HERE)



SLOWLY,
STEADILY
CLIMB THE
MOUNTAIN
OF YOUR LIFE



Don't let yourself be distracted from your goals even when you might want to take a side path or leap over a hurdle in the road. **If you stumble, just pick yourself up.** You soon learn that it is only by putting one foot in front of the other, no matter how long the journey, that real progress is made. **Each of us has to toil and sweat in order to reap rewards.** Climb, one foot after the other.

CONSIDER:
What is at the top of the mountain in your life?

(TYPE HERE)



LOVE

with

FULLNESS

of

SPIRIT

and

PURPOSE

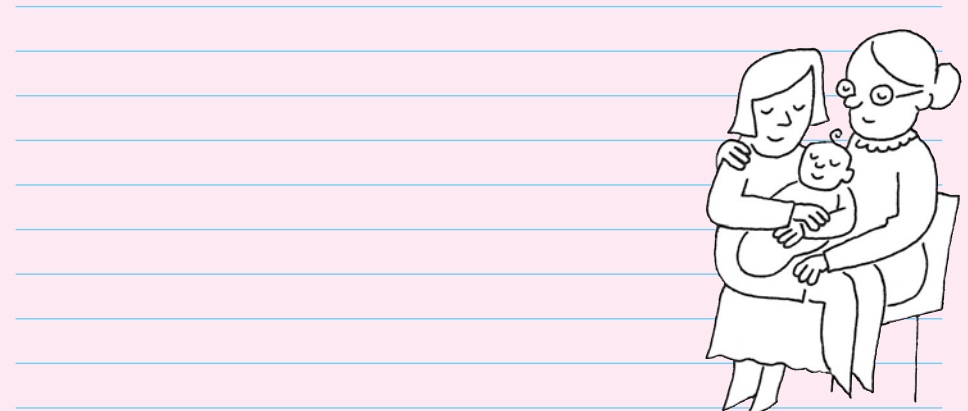


There should be no holding back when you feel deeply about someone or something that is important to you. Yes, there may be moments of hurt, moments of disappointment, even of anger and frustration. But through your passion you will discover a significant part of yourself.

CONSIDER:

What or whom do you love passionately?

(TYPE HERE)



BE
PATIENT
AS YOU WORK
HARD
TO MAKE YOUR
DREAM
COME
TRUE

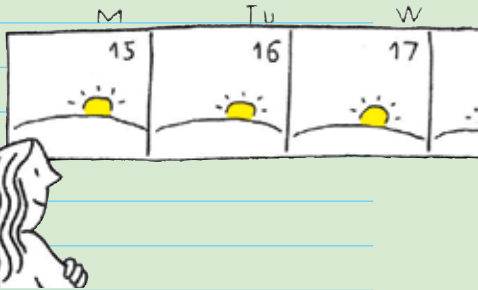


Nothing good, nothing substantial can be built in a day. It takes time to make a dream come true. And there is always tomorrow to complete what you cannot finish today. There is something to be said about enjoying the process of your journey, of realizing a dream. Life is so good in that it offers us second, third, fourth chances to accomplish something for which we have set our hearts and minds.

CONSIDER:

Which accomplishment that gives you pride today was a long time in coming? How did you make it happen?

(TYPE HERE)



TRY

YOUR BEST

TO BE

Gentle

AND

Kind

TO OTHERS



They need your love because there is so much pain in the world. You can lessen some of it by treating those whom you meet with respect, by hearing them out, by offering them a welcoming, encouraging word. Who among us does not wish to be treated in a loving, supportive way by others? Why add to life's hurts?

CONSIDER:
Who has been kind to you? In what way?

(TYPE HERE)



FIND
YOUR
PASSION
AND BE
TRUE
TO IT

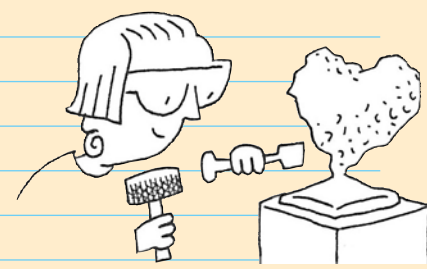


There is always something in your life that you should want to give yourself to fully. If you are fortunate, you will find passion, too, in the work you choose or the way you work to help heal the world.

CONSIDER:
What do you believe in with all your heart?

(TYPE HERE)

Handwriting practice lines (blue lines) for the reflection section.



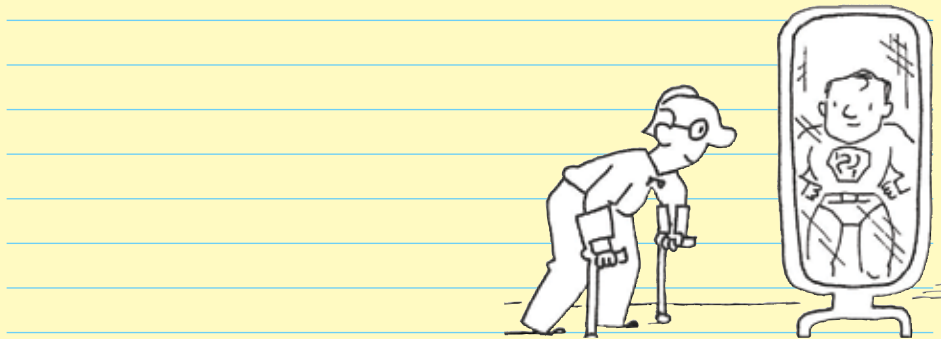
EXULT IN THE STRENGTH THAT IS WITHIN YOU



On days when you feel unsteady or afraid, take some time to recall past moments when you demonstrated strength and courage, when you remained steadfast. Somehow you were able to find a way to get through difficult times, and you need now to recognize that you can do so again. You have reserves of strength within you and you always try your best. That is what makes you special.

CONSIDER:
What are your strengths? List some of them:

(TYPE HERE)



NEVER GIVE UP

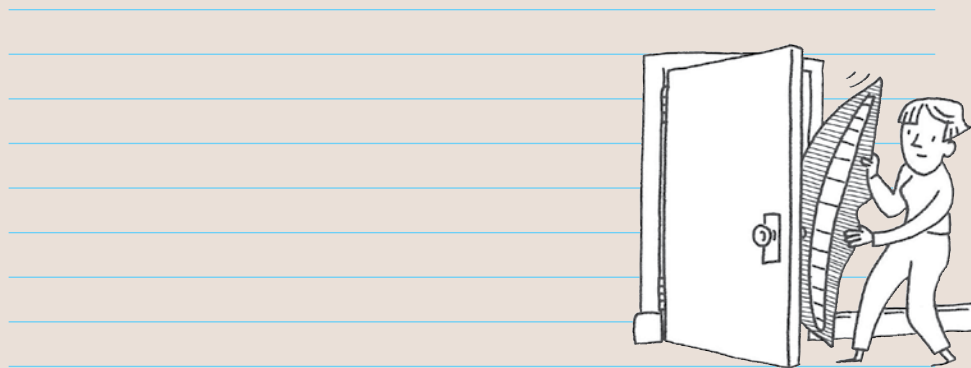


Continue to fight hard for yourself no matter how tired, how sick or broken you may feel. Find the healing voice within you – it is there if you will search within and listen. Believe that you will get better and have the last laugh. Always insist on a happy ending.

CONSIDER:

Do you remember a time when you stayed strong and achieved what you set out to do? When was the time you overcame your negative thoughts?

(TYPE HERE)



“YES”
IS ALWAYS
BETTER
THAN
“NO”

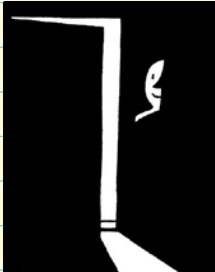


Some people will naysay but you must instead say “yes” to yourself as often as possible. Why let others dictate your life? Give in to all that is possible, rather than place blinders on your soul. Who knows better than you what is best for you? You are the master of your life—don’t give someone else the power to select your path. Keep in mind that “yes” is the opening of a door, but “no” is a closing.

CONSIDER:

When was a time when you continued to fight on even when everyone said “no” to you?

(TYPE HERE)



KEEP YOURSELF

GOING

GOING

GOING



It does no good to stay down when you fall or stumble. Quickly, get off that floor and onto your knees; reach for some support and pull yourself up—hell or high water. Put that determined look on your face—and proceed. Hip! Hip! You’ve got an enemy to defeat—that enemy is the whimpering, downfallen you. Be strong, insist on it!

CONSIDER:

What are the words you can say to keep yourself strong? Was there a time when you turned defeat into victory? When?

(TYPE HERE)

Handwriting practice lines consisting of ten horizontal blue lines. On the right side of the lines, there is a cartoon illustration of a man in a white shirt and tie, standing on a rocky ledge and looking out over a landscape with a large white cloud in the background.

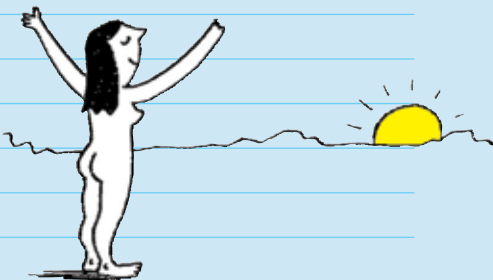
REMEMBER, EACH DAY YOU ARE REBORN



Yes, you're another day older, and you also get another chance to live, another day to create something special with your sacred life. **It is important that you allow yourself the right to have new chances,** to try once again—and again—and again.

CONSIDER:
What change would you like to make in your life?

(TYPE HERE)



ALWAYS LOOK AT A PROBLEM

FROM
DIFFERENT
ANGLES



“Darle vuelta los cosas” is the expression my Puerto Rican mother-in-law would say when faced with a dilemma that seemed unsolvable. Her words mean “Turn it around,” or look at the problem confronting you from a different angle. That way you discover cracks in the surface and see new possibilities, and you don’t get locked into a negative space.

My mother-in-law also used to say, “There’s always another bus,” meaning that if something doesn’t work out for you today, it may do so tomorrow if you persist and put more effort into reaching your goal. **Success does not depend on only one thing but is gained through many small actions.**

CONSIDER:

What’s your own favorite expression that guides you in life?

(TYPE HERE)

.....

.....

.....

.....

.....



DO YOUR BEST



None of us has all the answers—we can only try to piece our lives together, bit by bit, into the semblance of a good life. Some of us do this better than others, some worse. Learn to be forgiving to yourself when things don't go exactly as you expected—you're only human. Can you be compassionate to yourself?

CONSIDER:

What is one answer or core of wisdom you have learned from life?

(TYPE HERE)

Handwriting practice lines (blue horizontal lines) for the response.



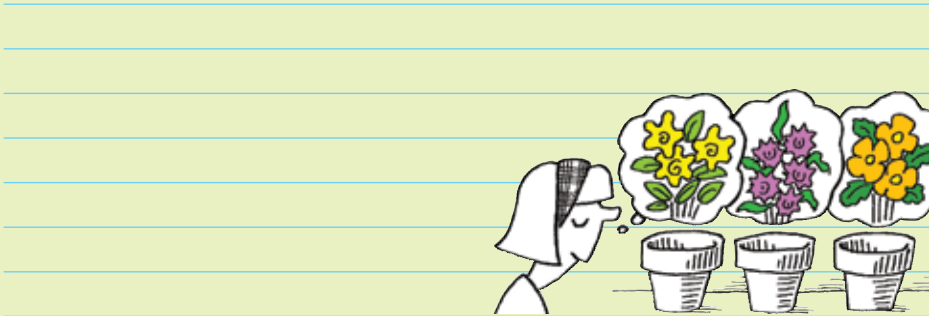
PLANT DREAM SEEDS IN YOUR LIFE



Think of the hopes and dreams that you have as being like seeds. In planting dreams, you need to nurture them and protect them while they are germinating and taking root. Some seeds or dreams blossom quickly. Others may take a much longer time to bear fruit, and some may even die along the way. But life is a constant “planting” and as master gardener of your domain, you will need to be attentive and work hard to cultivate your hopes over the many seasons of your life. Many hopes will be realized with time and work.

CONSIDER:
What dream seeds already have blossomed for you? What new ones are you planting?

(TYPE HERE)



EMBRACE THE POWER OF YOUR

IMAGINATION



No matter what life hands you, bad as well as good, you will always have the power to transform yourself and enrich your life through the power of your imagination. To imagine things is to dream and to find hope. We truly do hold many of the keys to our own locks.

CONSIDER:

Was there a time when your imagination led you to something wonderful?

(TYPE HERE)



RESURRECT AND REINVENT YOURSELF



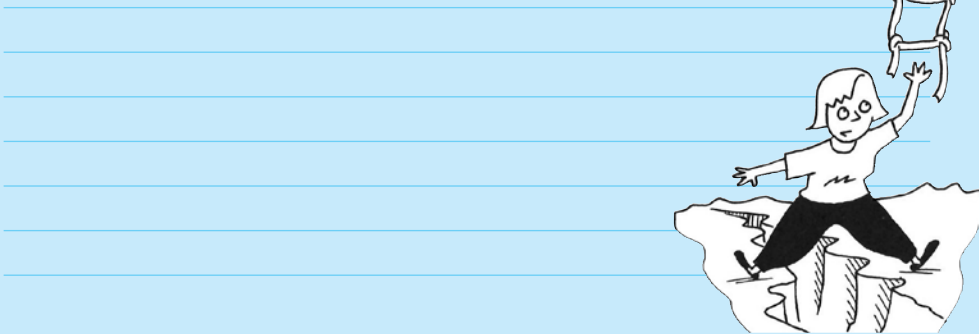
We each take falls in life, and then we need time to recover. Sometimes we rise again by our own hands, sometimes with a helping hand. It takes an act of faith on our part to find the strength and courage to overcome ourselves and secure new footing.

There have been many times in my own life when I have felt overwhelmed by so many problems and illnesses that I thought I'd never see light again. But time can be a good healer as we gather our strength to continue on our journey.

CONSIDER:

When did you first learn to stand on your own two feet? Was there a time when you recovered from a severe injury or setback? When?

(TYPE HERE)



GIVE Thanks




Think deeply about one thing that you are truly grateful for. By focusing on this one special thing you will be able to put aside, at least for a while, the many things that bother you and make you unhappy. *There is always something in your life to enjoy and be thankful for and you must never take what is good for granted.* Life is so very precious; you must not waste any of it. Take pleasure in the tiny miracles of your day—the smell of coffee in early morning, the smile of a loved one or friend, flowers emerging from a bulb planted in cold early spring, or your own laughter as you hear a joke or read the funny pages. Then, of course, there’s always the greatest miracle: being alive. How fortunate we are.

CONSIDER:
What is a tiny miracle in your own life? What are you grateful for?

(TYPE HERE)







MAKE TIME TO LISTEN



TO THE



music

IN YOUR SOUL



Some poets talk about the music in the heavens, but there is also music in your heart which you need to listen to carefully. Each of us has songs waiting to be sung which echo our spirit and reveal our essence.

CONSIDER:

**What is the song within you waiting to be heard?
What is the song you long to sing?**

(TYPE HERE)

Handwriting practice lines (blue lines) for writing.



YOUR
TO-DO LIST
TO
EXPERIENCE
JOY



- Take pleasure in what you have accomplished in your life.
- Look for your light.
- Find the beautiful colors in your spirit.
- Look for the flowers in you.
- Hear the special song within you.
- Embrace the goodness inside.

CONSIDER:
Add some items to this joyous list:

(TYPE HERE)

Handwriting practice lines consisting of ten horizontal blue lines.



SQUEEZE THE JUICE OUT OF LIFE

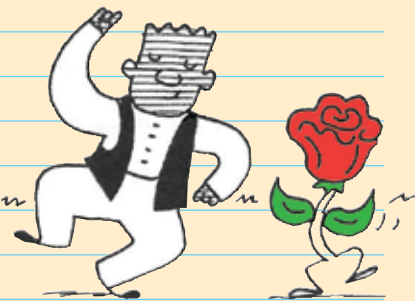


Live your life as fully and joyfully as you can. Find the light to overcome the dark.

CONSIDER:

**How would it be to live to your fullest nature?
What would your life be like?**

(TYPE HERE)



OVERCOME

Yourself



Every day I wrestle with the demons in my soul. Most times, somehow—usually with luck and pluck and sheer will—I wrestle my fears to the ground. Other days my fears knock me down—but only for a short while. I know that when the new day comes I will fight again for myself. There is no other choice but to go on. I remember there was once a singer who before she died very young said, “The number of times I have fallen down is the number of times I have gotten up.” We must all be brave like that.

CONSIDER:
What are you wrestling with?

(TYPE HERE)

Handwriting practice lines consisting of ten horizontal blue lines.



FREE
ADVICE
FROM
SOMEONE
VERY
WISE



- Take a chance—what do you have to lose?
- Don't be afraid.
- **Never give up.**
- Do your best.
- Do what makes you happy.
- Take it easy.
- Breathe deeply.

CONSIDER:

What is the best advice you have ever gotten from someone?

(TYPE HERE)

Handwriting practice lines (horizontal lines) for writing the answer.



DON'T
BE
SELFISH

DON'T
BE
GREEDY



How much do you really need in life to be happy? If you are willing at times to give up some of what you have but don't really need, then there will be more room in your life for other things.

CONSIDER:
What basic things do you need to feel happy?

(TYPE HERE)

Handwriting practice lines (ten horizontal blue lines) for the 'CONSIDER' section.



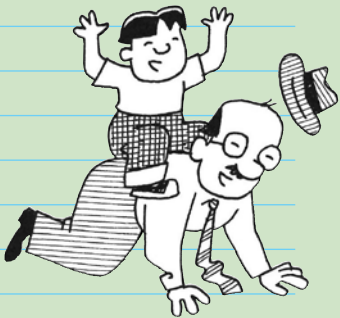
HOLD ON
TIGHTLY
TO WHAT IS
IMPORTANT
TO YOU



Your life is the most precious thing you have and you cannot allow it to be wasted. Time is so short. *Don't let small, middling things in life wear you down.* Fight for the things that make you happy.

CONSIDER:
What do you hold most precious in life?

(TYPE HERE)



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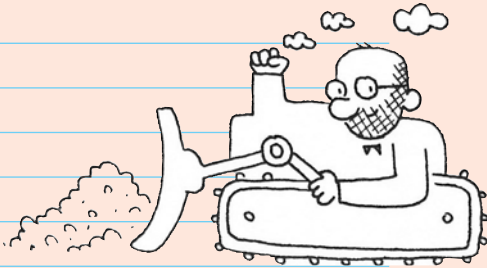


Building things can take a lifetime’s work, the way the oyster builds its pearl layer by layer. Yes, some days are a hard slog. But with grit and patience and hope, eternal hope, you can achieve your dream.

CONSIDER:
What things are you trying to build now for a better life?

(TYPE HERE)

Handwriting practice lines consisting of ten horizontal blue lines.



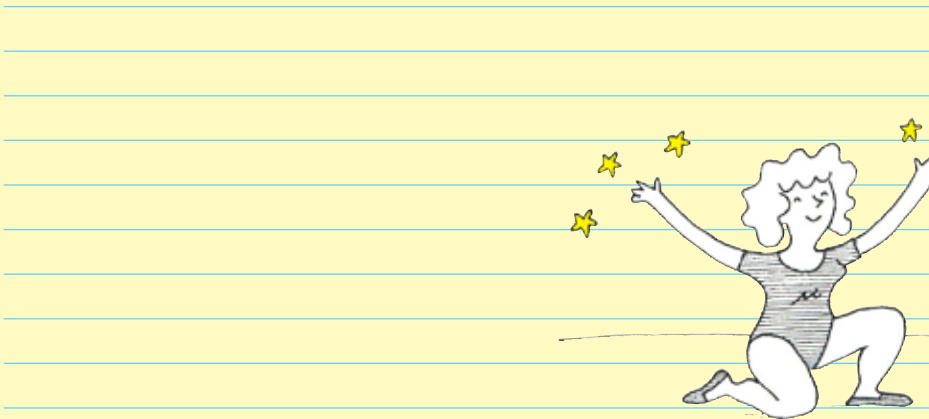
STRIVE
TO BE
THE BEST
YOU CAN BE



There always is a part of you that can be strengthened or discovered. You have no true idea of your inner strengths until you stretch yourself fully or are put to the test. **Always try to amaze yourself. Never hold back.**

CONSIDER:
What are you most proud of about yourself?

(TYPE HERE)



BE
GIVING
TO OTHERS
AND YOU CAN
EXPECT
GENEROSITY
IN RETURN

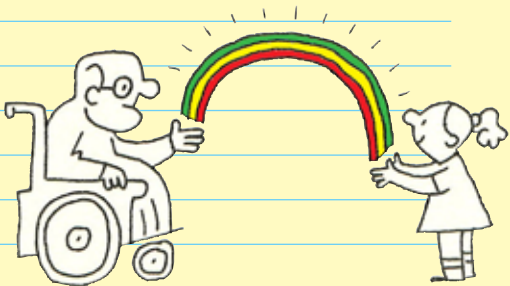


People respond to kindness and consideration. Like you, they need such support to fight off the darkness of night.

CONSIDER:

Have you been kind and giving to others? And who has been good to you?

(TYPE HERE)



HELP REPAIR THE WORLD



Think carefully about whether you are a taker or a giver in life. Try to be one of those who always puts back something good into our world which needs all the help it can get.

CONSIDER:
What have you done to make the world better?

(TYPE HERE)



CREATE
OR
GROW
SOMETHING
FROM
SCRATCH



It can be a flower, it can be an enterprise, it can be a friendship. You will have no greater satisfaction in life than seeing something come alive and bloom through your efforts and vision.

CONSIDER:
Have you put forth something new in the world?
What is it?

(TYPE HERE)

Handwriting practice lines (blue lines) for writing a response.



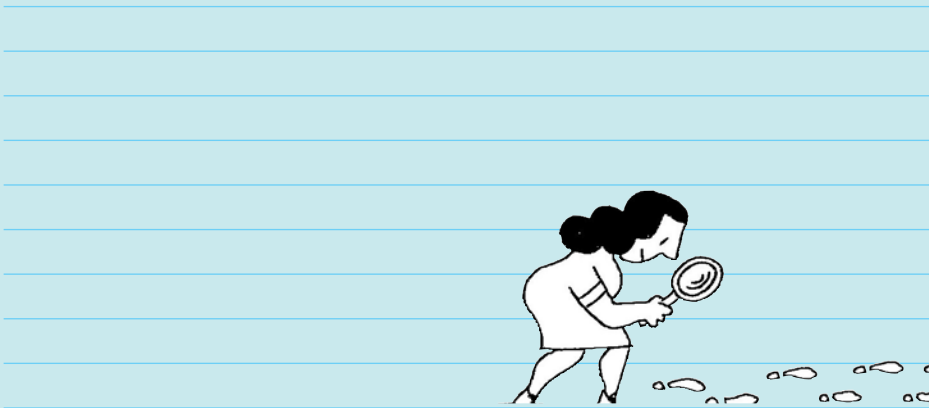
WALK IN SOMEONE ELSE'S SHOES



Try to see the world with the eyes of another human being. Each of us has the capacity to step out of ourselves and our limited perspective to imagine the life, the joys, the hopes, the pains, the fears of somebody else. You widen your life by doing so. *And remember, we are all in this life together.*

CONSIDER:
When was the last time you put yourself in the shoes of another person?

(TYPE HERE)




PUT
ANGER
IN ITS
PLACE



Otherwise it will take you over and embitter you. Yes, it can be frustrating to deal with difficult people or with the defeats which you will experience time to time in life. Anger may energize you at first, but, if left unchecked, it can consume you and detract from your joy. Why focus on the negative? Why strike out at others and cause hurt? **Holding onto anger and resentment will give you more anguish—why waste your precious life?** Focus on something positive.

CONSIDER:
What anger would you like to cast out?

(TYPE HERE)



KEEP THINGS IN PERSPECTIVE



You know by now what's really important in life—good health, kindness, good friends, loving relations with others, a sense of pride in what you do. Any upset or anger you may feel pales in comparison to all the good things you already have. To regain balance, keep an updated list of the things in your personal and professional life that give you satisfaction and fulfillment and make your life so rich. Just having this list will make you feel better.

CONSIDER:
List some of the good things in your life:

(TYPE HERE)

1.

2.

3.



REHEARSE YOUR

DREAMS



Constantly keep in mind your visions of the important things you want to accomplish in your life. You see, before you can make a dream come true, you must go over it time and again in your head, scoping it out, plotting out how you will achieve what you want. Visions are necessary, for as you visualize what you want, you are actively rehearsing how to get there.

I read about a gold medal Olympic swimmer who the night before her race, as she prepared for sleep, would rehearse in her mind the race she planned to swim. Lap by lap, second by second, she “practiced” her meet. Her mental preparation was as important as the physical practice she did daily in the pool.

CONSIDER:
What is the dream you are practicing in your head?

(TYPE HERE)



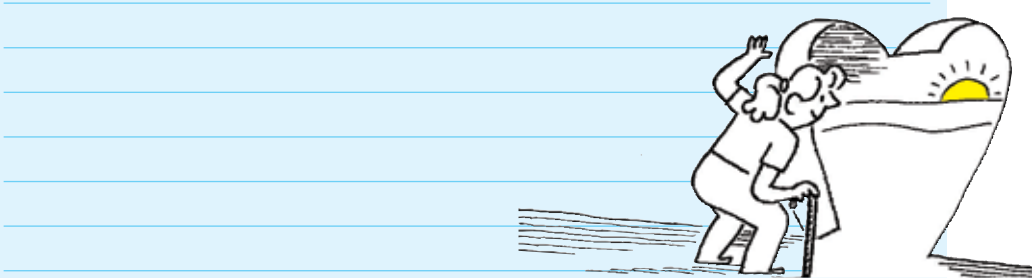
ALWAYS
KEEP
FRESH AND
OPEN
TO NEW
EXPERIENCES



At the age of 84, the late, great South African leader Nelson Mandela began making drawings that reflected his memories of his 18-year imprisonment during his struggle to end apartheid in South Africa. Mandela drew the simple scenes he saw through his cell bars—a mountain, the sky. These images of freedom gave him moments of hope during those hard, long years in prison, and he wanted to remember them. His drawings, in charcoal and bright pastels, attest to the strength of the human spirit to survive and overcome terrible difficulties in life. His example reminds us that [we must always search for a beam of light.](#)

CONSIDER:
What important memories would you like to draw?

(TYPE HERE)



BELIEVE
IN
Miracles



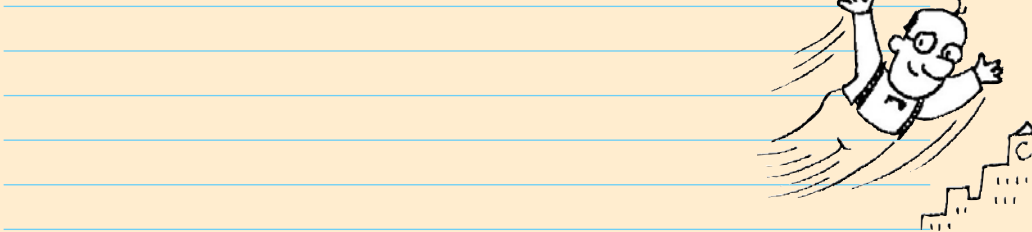
Make room for dreams and wonder in your life.

Imagine dancing on the moon, or flying to the stars? How about holding a rainbow in your hand or petting a unicorn? Everything is permitted in our fantasies—they are a tool to help us get through the hard times and to expand our spirits. Think about the director who makes the movies you love, the athletes who seem to do the impossible, the artists whose work thrills you. Each of them, before becoming the person you admire, first imagined doing something extraordinary. Then they worked relentlessly to develop their talent and realize their dreams. it's your turn now!

CONSIDER:

What are your dreams or fantastic thoughts?
What is your Mission Impossible?

(TYPE HERE)



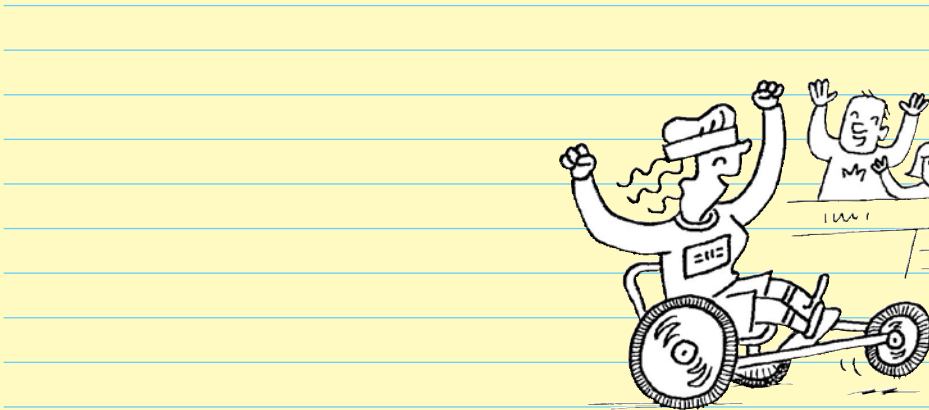
KEEP
HOPE
ALIVE
IN YOUR
HEART



No matter what bad things are handed to us in life, we need to believe that things will get better. We must also be prepared to work to get them moving our way. If we cave in to whatever hurt or suffering each of us will inevitably experience over the course of our lives, we surrender our chance to find happiness. Hope is like a little flickering candle which we must cup with our hands to prevent the wind from snuffing out. *If we have hope, we can achieve almost anything.*

CONSIDER:
What are some things you hope for?

(TYPE HERE)



REPEAT
THIS
OATH:

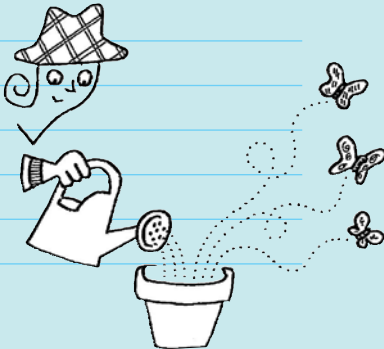


I believe the sun will come out.
I believe things will get better.
I believe in never giving up.
I believe there is strength in each of us to
change our lives.
I believe there is much joy and laughter in
each of us.
I believe that heartache does not last forever.
I believe in the wild beast within.
I believe in the healing sunshine.
I believe in the narcissus that blooms in
cold winter.
I believe in the strength of the human spirit.

CONSIDER:
**What do you believe in? Please add to the lines
above:**

(TYPE HERE)

Handwriting practice lines consisting of ten horizontal blue lines.



LEARN TO LIVE WITH UNCERTA?NTY



Yes, I know, we each want a safe structure and to know that if we do X, then Y will happen. But as we go through life, we are bound to encounter many unexpected pitfalls—sickness, loss, sadness, failure—which we have little control over and which threaten our footing. Nothing is fully predictable or guaranteed in life, no one is ever fully protected from adversity or pain. Rather than resisting or being overcome by the many challenges that befall us, we must instead keep hope alive in our hearts and continue to work for the best outcome. *Insisting on hope is the only way to survive.*

CONSIDER:
How will you keep the seeds of hope alive within you? How do you gather your strength?

(TYPE HERE)



EVERY
DAY
IS A

*Sacred
Awakening*

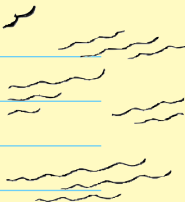


Take pleasure and be awed by what the new morning brings. At times, the daily pressures of work and life can be so consuming that you may forget that when you first opened your eyes in the morning you were being given a chance to renew yourself and to enjoy another day and all its treasures. To appreciate this gift, you have only to imagine the worst—a new day in which you have no consciousness, in which you no longer enjoy the thousands of daily miracles that are part of our being a living, feeling human being. **No, insist on joy!**

CONSIDER:
Tomorrow morning, what will you do to celebrate the sacredness of your life? What will you do with your new day?

(TYPE HERE)

Handwriting practice lines consisting of ten horizontal blue lines.



About the Author

In his many books and work as a newspaper editor, **Bill Zimmerman** has pioneered innovative writing techniques to help people express all the important things within them. His books and web sites are used in literacy and English Language Learning programs around the world and to encourage creative thinking and expression.

His web sites are: <http://www.billztreasurechest.com>, which features excerpts from all his books; <http://www.makebelief-scomix.com>, which enables visitors to create their own online comic strips, and <http://www.somethingtowriteabout.com>, his writing prompts blog for students. Please visit them.

Among his popular books are:

- *Pocket Doodles for Kids*
- *Pocket Doodles for Young Artists*
- *Make Beliefs: A Gift for Your Imagination*
- *Lunch Box Letters: Writing Notes of Love and Encouragement to Your Children*
- *How to Tape Instant Oral Biographies*

Zimmerman's work has been featured on The Today Show, on the PBS acclaimed Ancestors Series, and in The New York Times, The Washington Post, The Wall Street Journal, USA Today, and such magazines as Family Circle Magazine, Esquire, Business Week, Reader's Digest and Essence.



About the Artist

Tom Bloom is an artist who has brought joy to the world with his cartoons and illustrations which have appeared in leading publications including The New York Times, The New Yorker, Fortune, Barron's and many more. He has collaborated with Bill on many other books.

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