Are You Afraid to Try Something

NEW?

No

Yes

Think About it

Try it anyway!

AMAZING!

WHAT?

WHY?

I’m afraid others will judge me

I’m afraid to fail

Everyone fails at something sometime. It’s a given! You will learn from it!

Now go and do it!

Now go try it!

Future you is very proud of who you are right now, SuperSib!

Capture all that you are facing, working on, and accomplishing by writing a letter to yourself. Answer the questions below, or come up with your own. When you’re done, seal it in an envelope and put it away for a year or two. When you open your letter, take time to reflect on how you’ve grown and changed over the last year.

Dear Future Me:

What are you good at doing?

What is difficult for you?

What is one new thing that you want to try?

How will you stay positive if something doesn’t work out on the first try?

What is one thing that scares you?

What are your goals in the next year?

How will you feel when you achieve your goals?

Sincerely,

Present Me

For more SuperSib stories and to submit your own, visit SuperSibs.org.

Meet SuperSib: CASHEL

Age: 11
Favorite Color: Red
Dream Job: Architect
If I had one superpower, it would be: Telekinesis*

For Cash, having a brother with cancer was pretty scary. Especially when he first learned his big brother Sally was diagnosed with a brain tumor called medulloblastoma. When Sally spent time in the hospital, Cash really missed him and having a playmate. As a middle child, he stepped up to be a role model for his younger brother, Fain.

Now Sally is home and getting stronger each day, and Cash still has a brave, positive outlook! His pet bunny, Rosny, makes him happy. Petting Rosny helps when Cash wants to feel relaxed or needs to calm down.

One of his favorite memories with his hero Sally was riding a giant wooden sea-saw on an vacation in Arizona.

*Telekinesis means you can move things with your mind!
I believe in my #selfie

We want to hear from you!

Don’t let the fear of failing hold you back!

NOW WHAT’S STOPPING YOU?

Answer the questions below:

What would you do?
If I knew I couldn’t fail, I would...

What would you try?

Email us at SuperSibs@AlexsLemonade.org or follow us on Facebook with your parent’s permission @SuperSibsALSF

Crossword Puzzle:

There are two sides to everything! Below are two sets of phrases: one is encouraging, one is discouraging.

Fill in the blanks and write the answers in the puzzle. Answer key is on the back cover (don’t peek!).

**ACROSS**

The “across” phrases are thoughts you may have when you’re struggling or trying something new.

1. Mistakes mean that I __________.
2. I will __________ figure this out.
3. I can’t __________ this problem.
4. I can’t try __________ things.
5. I am __________ to try something new.
6. Asking for help makes me feel __________.
7. I can’t do __________ things.
8. If I don’t succeed right away, I will __________.

**DOWN**

The “down” phrases are ways to think differently about those thoughts!

1. Mistakes help me __________ and grow.
2. I haven’t figured it out __________.
3. I am __________ enough to try something new.
4. I am a __________ solver.
5. If I don’t __________ right away, I will try again.
6. I like to try __________ things.
7. I can ask for __________, when I need it.
8. I can learn __________.

**WORD BANK:** brave, new, learn, never, help, weak, problem, failed, anything, solve, quit, scored, yet, new, hard, succeed

“I BELIEVE IN MY #SELFIE”

Draw your selfie in the cell phone and finish the three sentences below:

iEnjoy __________
iCan __________
iWill __________

WE WANT TO HEAR FROM YOU!