



Truly Madly Smiley

Creative Journal

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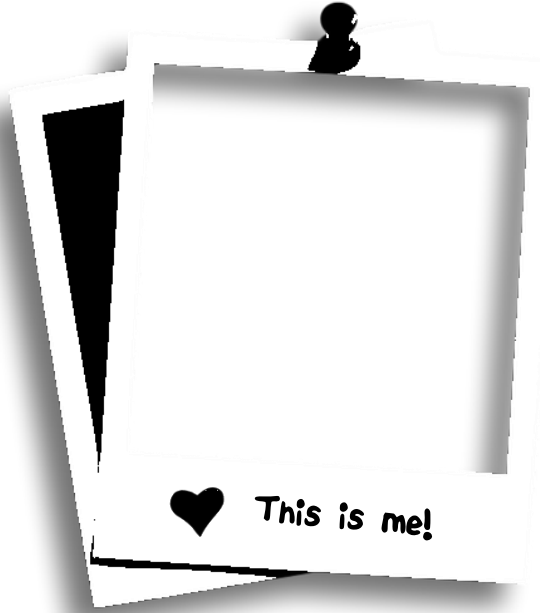


• by Lisa Parkes •



this
**Creative
Journal**

belongs to



Name

My Wish





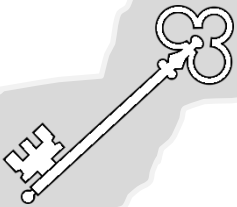
Wonderful Wildheart

I have a wish in my heart that everybody grows up knowing the magic that lives inside of them.



You already have the Key!

We're going on a beautiful adventure to unlock that magic together using the power of your imagination. I'm going to show you how truly-madly-amazing you are!



You can do anything!

You can do hard things, sad things and scary things. It's easy when you know how!

Are you ready to unlock the magic and wisdom of your Wildheart?





What we write down or talk
about improves, dissolves or
changes the way we feel!

Listen along to the *Truly Madly Smiley* podcast.
Then doodle, write, draw or talk it out.



You can't get it wrong.
You have the power with
your pen – *trust it!*
It's like a magic wand!

Most of all,
whatever you do,
make learning something new,
lots of fun for you!

Love

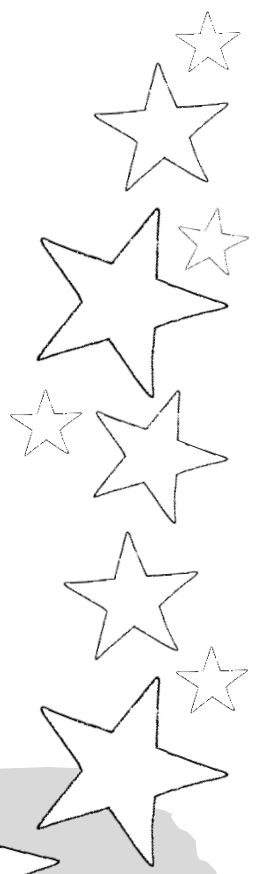
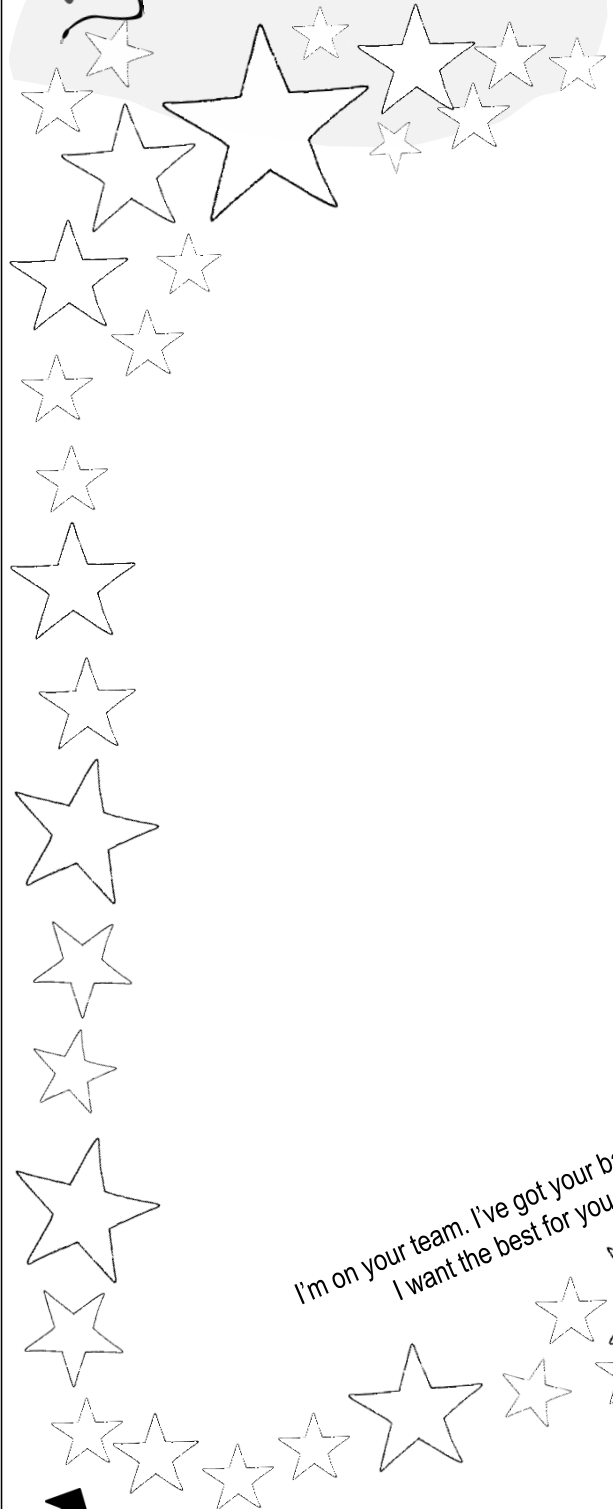
Smiley x





Episode #1

Can you tell the difference between *your mean critical voice which thinks the worst* and *your inner Smiley which is like your BFF?*



I'm on your team. I've got your back and I see how hard you try. I want the best for you – you deserve the best!

The more you listen to yourself, the more you get to know and understand yourself. The quieter you are, the more you can hear.



Draw your **Inner Smiley**

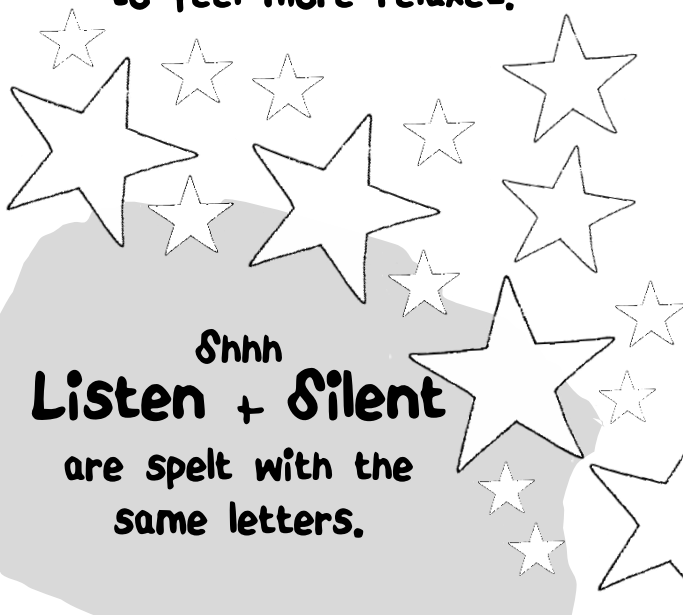




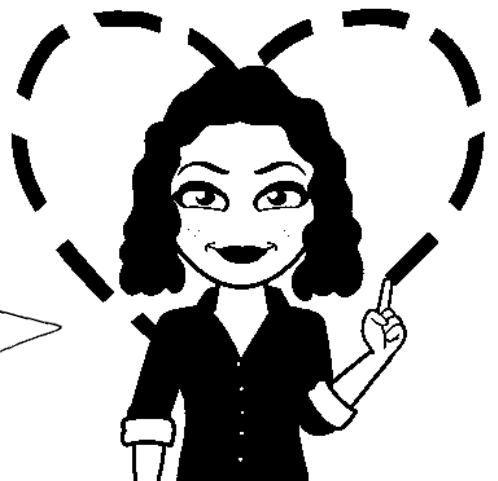
how to tune in to Your Inner Smiley



1. Find a quiet place to rest.
2. Lie down or sit down (get comfy - take off your shoes, snuggle with a blankie).
3. Close your eyes and put your hand on your heart.
4. Breathe deeply and smile.
5. Notice your thoughts. *Which ones are kind and which ones are scared or mean?*
6. Your kind voice is your Smiley voice, let it speak to you.
7. Tell the mean or worried thoughts to 'Go Away!'
8. Notice how the kind thoughts make you feel good inside; they may even make you smile!
9. Stay like this until you feel good again. You will start to feel more relaxed.



Shhh
Listen + Silent
are spelt with the
same letters.





**Extra Notes +
Scribbles**

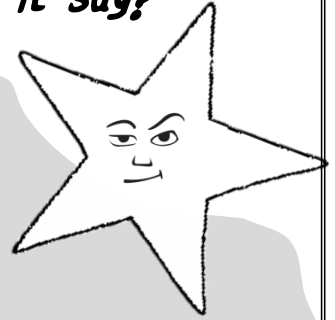



**I see how hard
you're trying.**



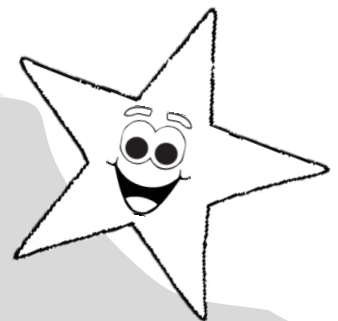


listen to your mean voice – what does it say?



When we write our mean thoughts down, they lose their power. You might want to write them down and then cross them out or scribble over them so you can't see them. I bet none of them are true anyway!

what does your kind voice say?



Thoughts aren't facts. Oh and don't worry, if you can't hear any kind thoughts. Simply think of how you would talk to your best friend. Often how we compliment other people is what we need to hear for ourselves.

Do you listen to your **mean**
or **kind** voice more?





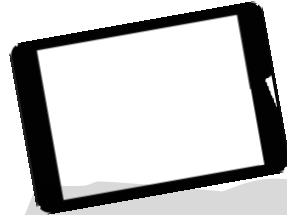
Episode #2



What's ONE thing you can do differently which will tell your body it's time to go to sleep. If you can't see one that you want to try, draw your own one!



Journal
your worries



Screen
free



Epsom salts
relaxing bath



cuddly
comforters



crystals
for protection



guided
visualisation



hug + talk
to somebody you
love



read
a book



**It's OKAY to be scared of the
dark. I am too – I get it!**





Bedtime Routine



Safe + Relaxed!

Prepare your body for rest. Do your **ONE** thing for 30 days to create a new bedtime routine.

Colour in or cross off each day to track your progress...



1

2

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29

30

Well done!





**Extra Notes +
Scribbles**



**I know you're
doing your very
best.**





Episode #3

What do I need to remember?



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

It's OKAY to forget things – be kind to yourself and help yourself remember for next time!





Episode #4



Take charge of your thoughts!

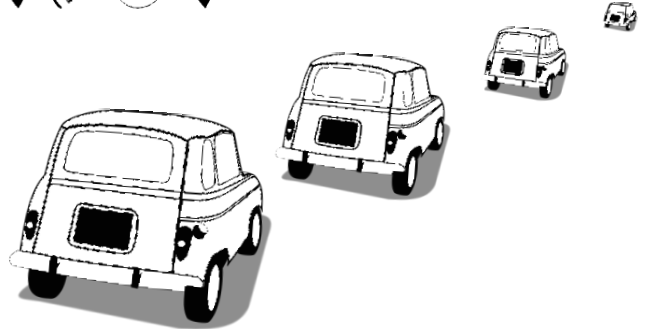
As you draw your thought hole, notice how big it is. Write your thoughts inside. How are you going to find your way out? What do you need to help you?

You're in charge of your thoughts. You have the power to think a scary one or a happy one.





Try this!



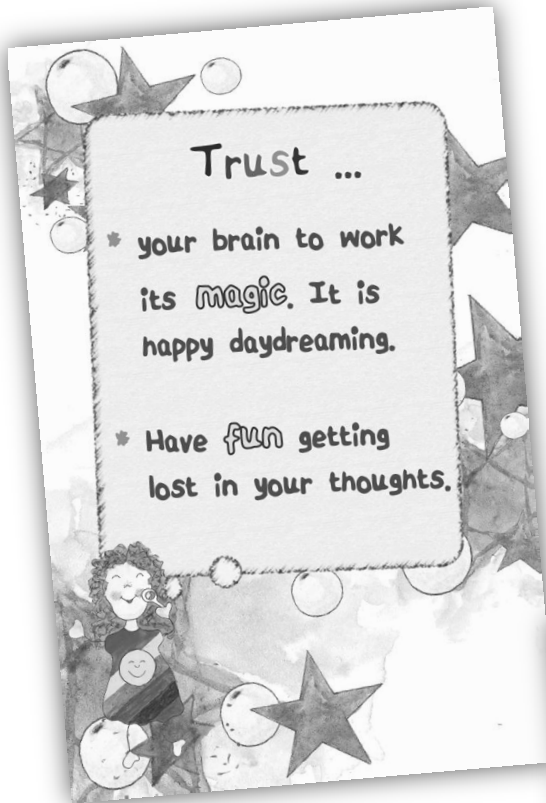
watch your worries **Like Passing Cars**

- **Imagine you are sitting by the roadside.**
- **Draw a car for each one of your worries.**
- **Write your worry inside each car. Getting your worries down on paper gives them less power.**
- **Now lay your drawing on the floor in front of you.**
- **Observe your worries from a distance. Watch them move along the road away from you and your life.**
- **Your worries are not part of you. They are not real. They are thoughts.**
- **Thoughts pass through your head all the time. If you give them attention, they can make you feel bad. Don't let them!**





Smiley Tip



There is **NOTHING WRONG** with me or my **BRAIN.**



↓
write this here & believe it!



A worried brain is a **BUSY** brain doing its job to keep me **SAFE.**



↓
Am I in danger?

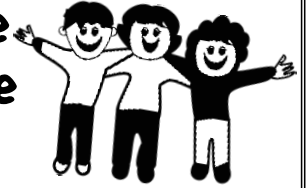




Episode #5



You become like the people you spend the most time with!



Write down or draw those people. Think of **3 reasons** you like spending time with them. Notice if you can be your true self with each person. Is there anybody who you think might be a *fake friend*?



Many people will come and go in your life, but only true friends leave footprints in your heart!





Episode #6

Many problems would be solved between people, if we talked to each other instead of about one another.



Draw or write about a situation involving gossip. Were you the one people were talking about? *Remember:* what other people think about you is only their opinion – it doesn't mean it's true.



When you write your story, you set yourself free by letting go of all the feelings around it.





**Extra Notes +
Scribbles**



**you're doing
really well!**

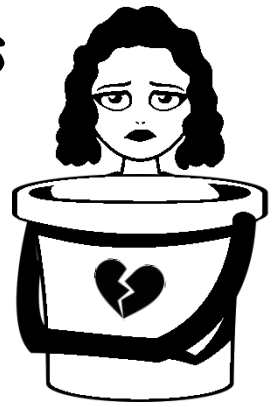




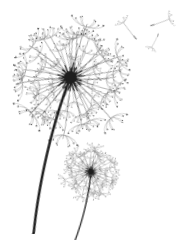
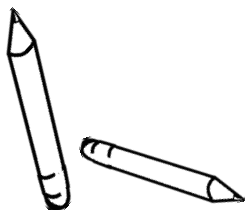
Episode #7



Who or what is draining you?



Draw your bucket and put holes in it. Write inside each one, any people, places, situations or things which are draining you of your precious energy.





How are you going to mend your leaky bucket?



You **cannot** control the behaviour of others,
but you can always **choose** how you respond!





Episode #8



Sometimes it helps to see your worries in a different way. What would they be if they were

the weather



a song



a colour

an animal

a film

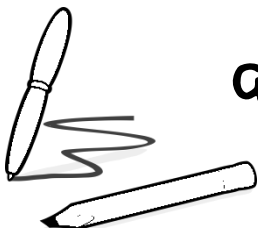


a book



a meal

a piece of clothing



Go back to the first episode and give your Inner Smiley a name!





Break the Habit!



- ① Set yourself worry time
- ② Look at your choices?
 - Can you put a plan into place?
 - Do you need to let it go?

Notice when you're getting caught by worries.



Ask yourself what the worry is really about



Can you do something about it?



'NO'

'YES'



Let the worry go

Now or Later?



NOW

LATER



Decide on an action & do it

Decide when to act & schedule it



Let the worry go

Let the worry go





**Extra Notes +
Scribbles**



**Relax and allow
it to unfold.**



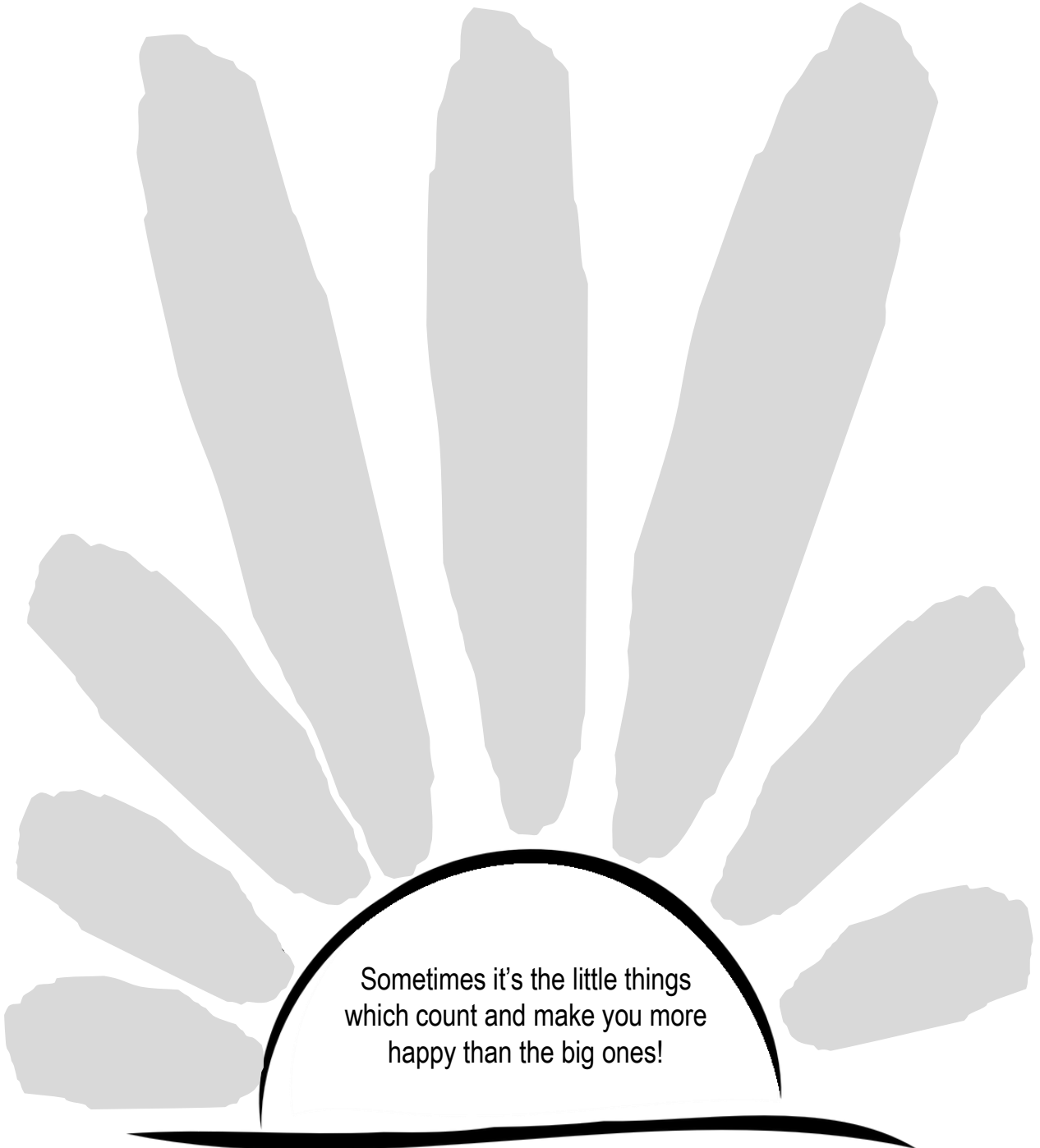


Episode #9



The Best Day Ever!

What tips did you hear for having a good day?



Sometimes it's the little things which count and make you more happy than the big ones!





Do you stop yourself from having a good day?

Do you worry in case it all goes wrong?

Write down the worries that tell you it's going to be a terrible day (that's your brain trying to keep you safe).



Notice the worry

[Redacted area for step 1]



Is it helpful? Is it true?

[Redacted area for step 2]



What evidence do I have? Can I prove it?

[Redacted area for step 3]



Stand up to it + take back your power!

[Redacted area for step 4]



Change your thought to a more helpful one!

[Redacted area for step 5]





Compare your perfect day to how your life is now.

Is there anything you can do to change that?

- Your friendships
- Your thoughts
- Your diet
- Your bedtime or morning routine
- Start something new or anything else?

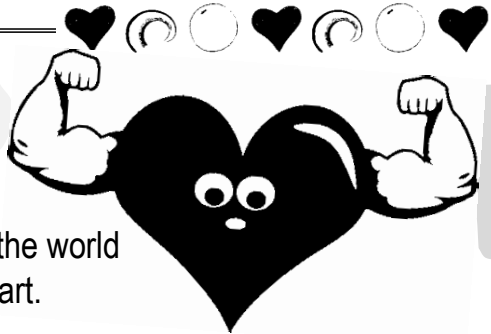


Change





Episode #10



Sensitive people see the world through their heart.

Sensitivity is both a gift + a super power!



Write or draw what sensitive means for you.

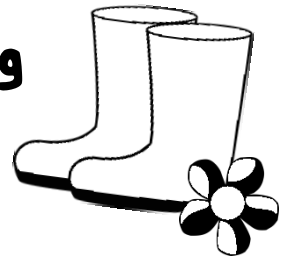




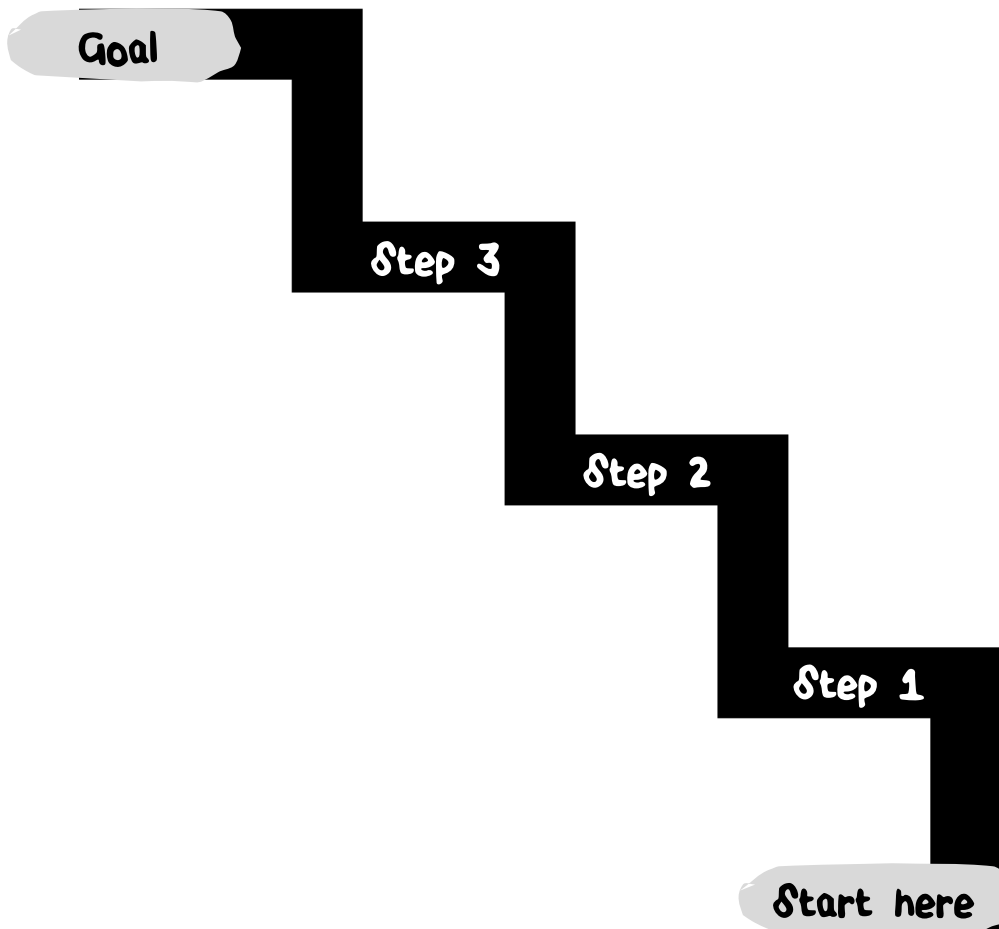
Episode #11



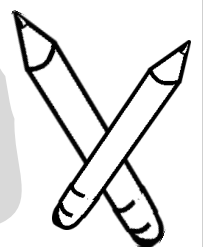
Scared of trying new things?



It's natural to feel afraid of something which you don't know about. It can feel like you're stuck - like you're wearing concrete boots. Break it down into steps to make it less scary and overwhelming



Make a step-by-step plan of how you will help yourself.





**Extra Notes +
Scribbles**




**Go at your own
pace — no rush!**





Episode #12



What are your worry warning signs?

When you know that your worries are coming, you can have a plan ready to calm you.



Bedtime

School

- The dark
- Monsters
- Having bad dreams
- Not being able to sleep
- Ghosts
- Burglars



- Getting told off
- Getting a detention
- Homework grades
- Forgetting something
- Being late
- Exams + tests
- Being bullied
- Reading in front of the class
- Being laughed at
- Making a mistake
- Not being able to do something
- Not knowing the answer



People

- What others think of you
- Being alone
- Not being liked
- Being left out
- Angry people
- Being gossiped about
- People dying



HELP!





Episode #12



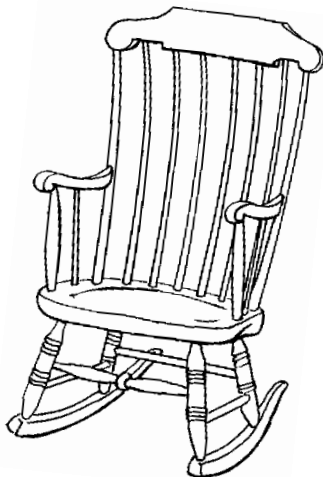
What are your worry warning signs?

When you know that your worries are coming, you can have a plan ready to calm you.



Other Worries

- Being sick
- Flying
- Not winning
- Fire
- Dogs

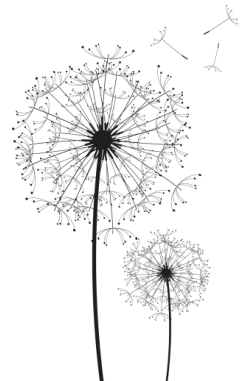


Any Other Worries?

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Worrying is like a rocking chair, it gives you something to do, but it gets you nowhere.





Episode #13

You're trying your best!

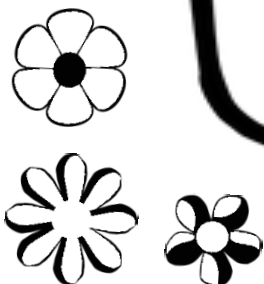
What do you need to hear to help you feel better when you make mistakes or feel upset and worried?



My Marvellous Medicine



Only kind words and positivity in here! Be kind to yourself and notice the good things you do.





Episode #14



Go screen free!

Unplug for a day and notice what happens. Draw or write your findings like a curious detective here.



Screen time is **addictive** and it interferes with family relationships. Do more fun things that make you **forget** to look at your screen or phone!





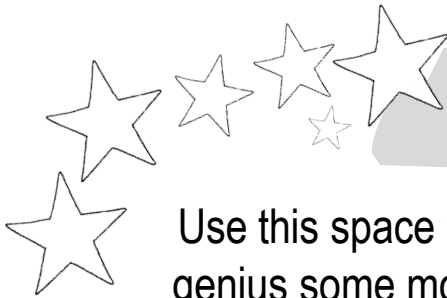
Episode #23

Your Zone of Genius



Remember: everybody is good at something – no matter how small it may seem to you. We're all born to bring a gift into the world. Listen along to the episode and fill in the circles.

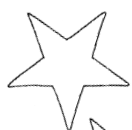


Did you see a pattern?



Use this space to think about your zone of genius some more. Self-reflection is a very valuable life skill. The *more* you know yourself, the happier you will be!



Your Zone of Genius





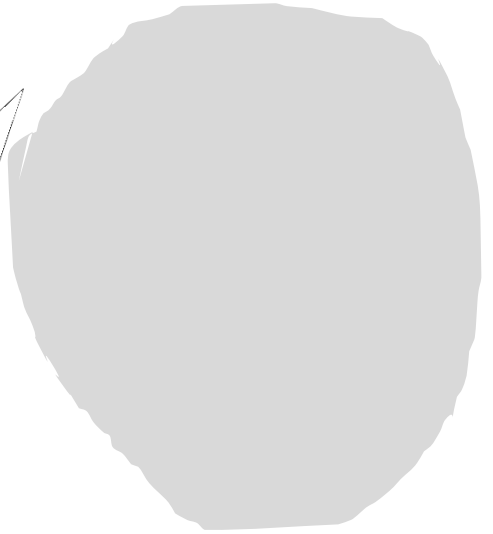
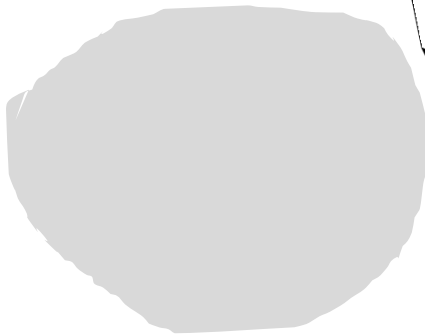
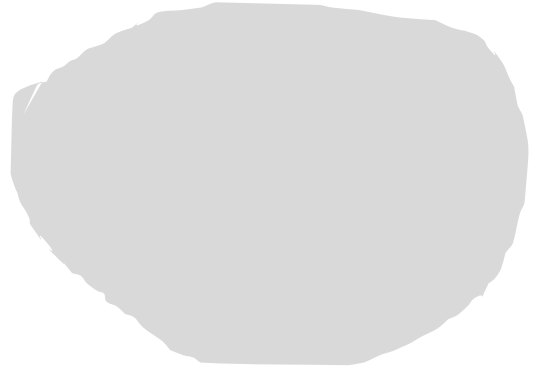
Episode #34

Colour + Listen!

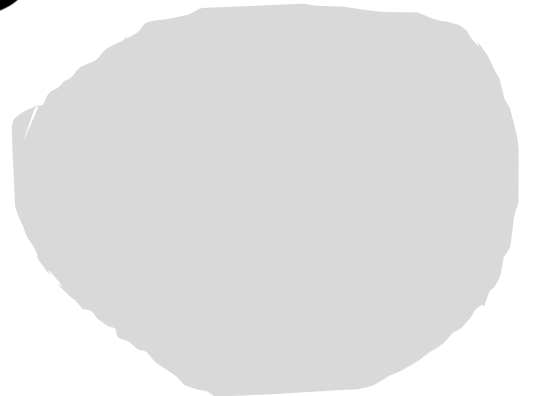


On the next page are some calm colouring sheets *with Smiley Thought Card* messages.

Calm colouring dissolves stress and worry. If you get any negative thoughts – pop them in the bubbles to set them free.

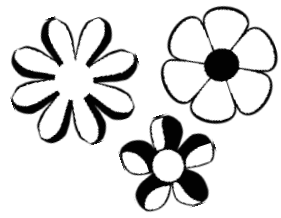


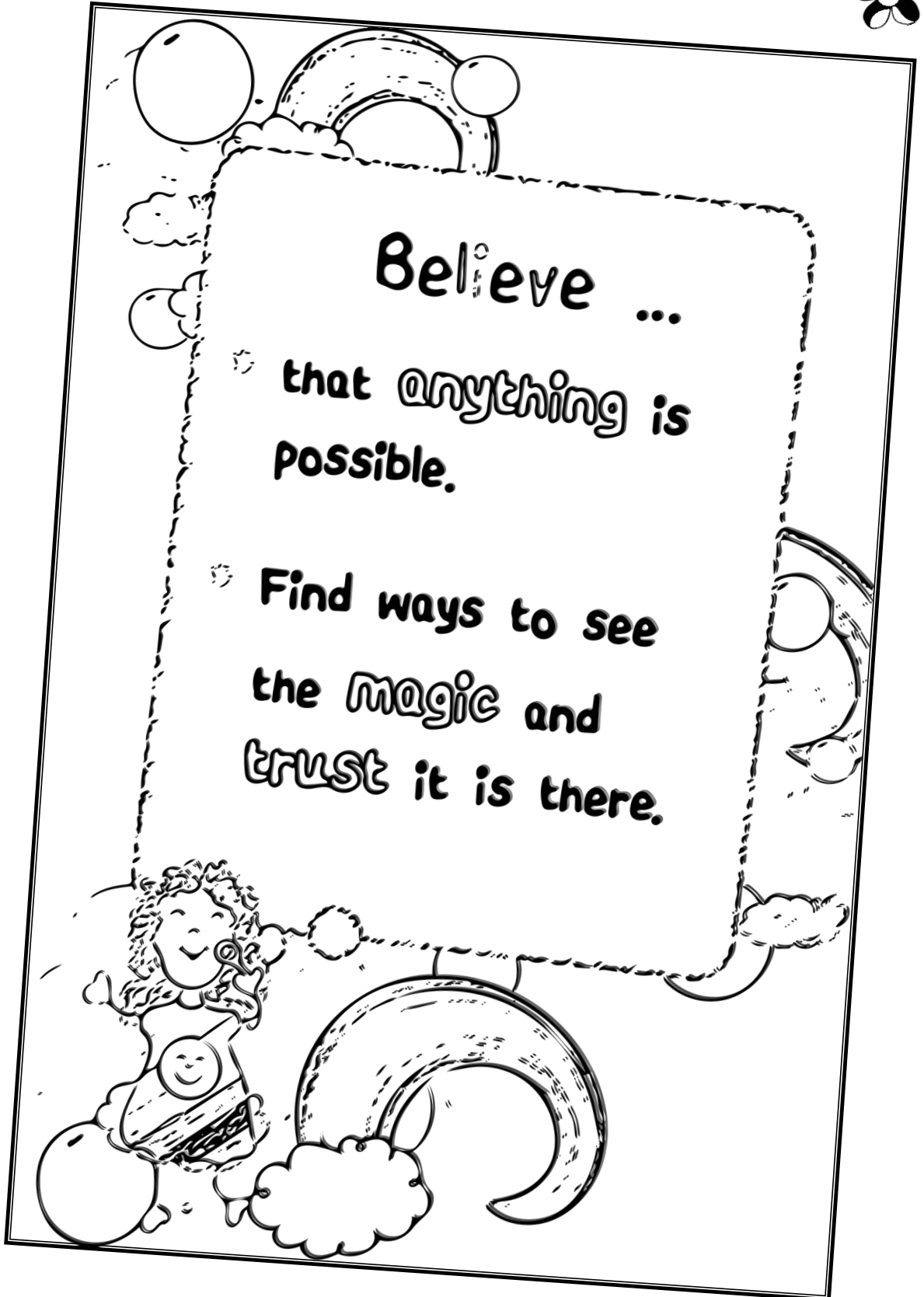
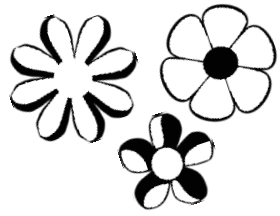
Writing my worries down gives me back my power and sets me free! ★



Put your beautiful artwork up around the house so you can read positive words every day!





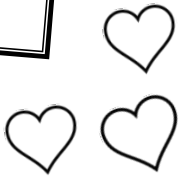
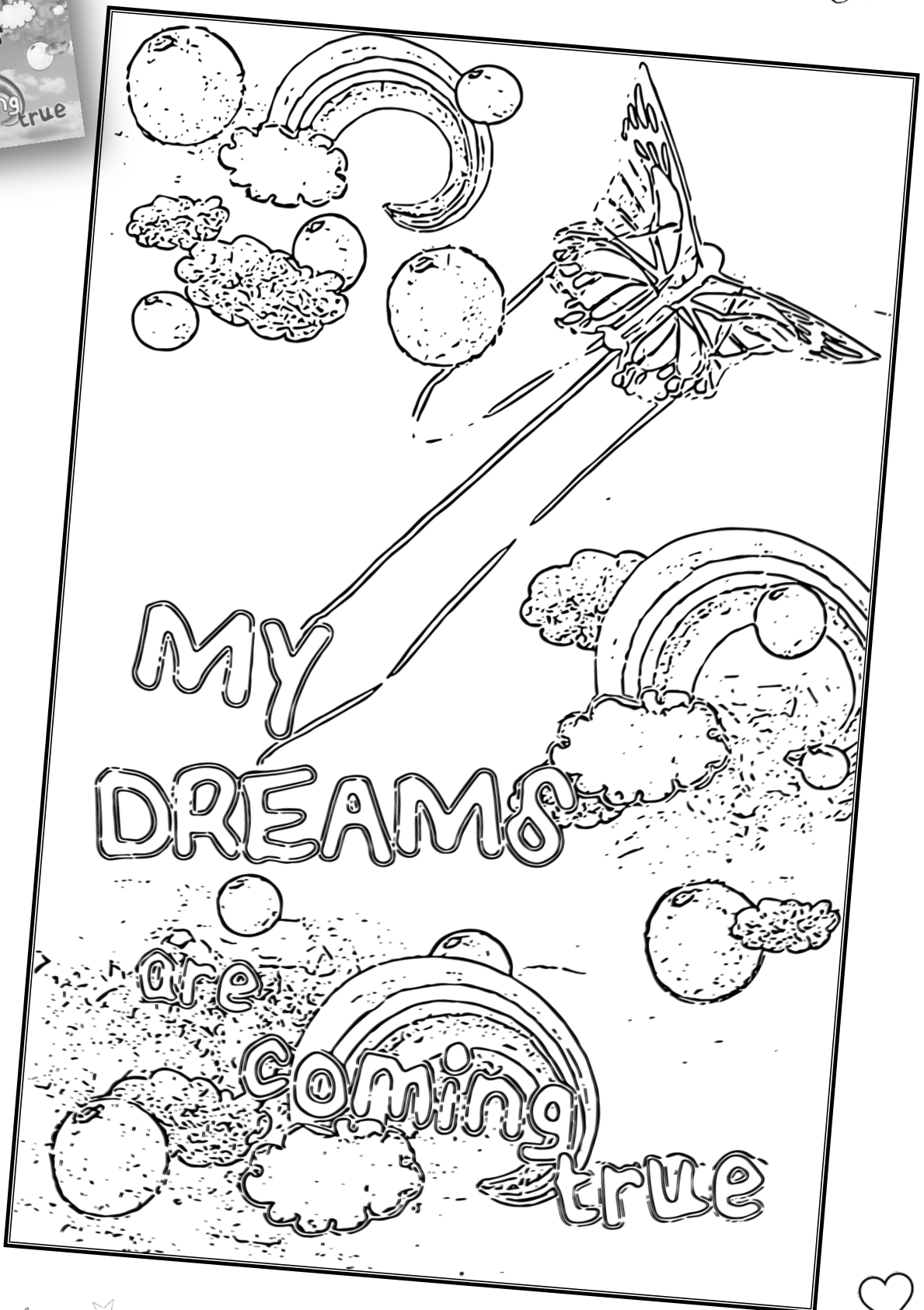
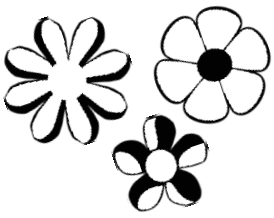


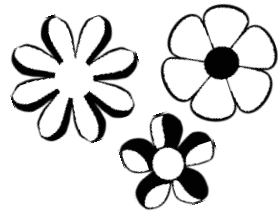
Believe ...

that anything is possible.

Find ways to see the magic and trust it is there.

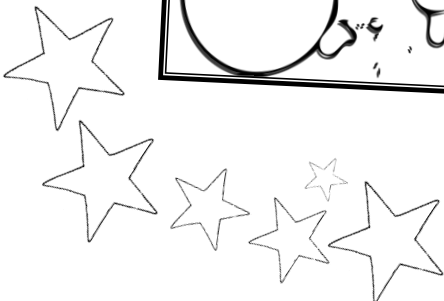






Whisper ...

- a wish into your hands, release it into the sky.
- Now watch it come true!



About the Author

Lisa Parkes is a Child Coach & Mentor who has transformed the lives of thousands of children. Her mission is to inject more **empathy, kindness + magic** into the world for the next generation.



essentials FT .COM Daily Mail
FINANCIAL TIMES

Lisa is passionate about supporting educators to create emotionally safe learning environments. She created *Intuitive Learning* to guide children beyond their struggles. From emotional distress – angry outbursts and high anxiety, to social challenges – bullying, conflict and loneliness.

You can find Lisa's shop, intuitive learning den and other creations over on her website.

Book



Smiley Thought Cards

www.smileyforlife.com