

# I Choose to Be Happy - Creating Your Own Outcomes + Perspective Tool Kit

"Happiness is a choice. You can choose to be happy.  
There's going to be stress in life, but it's your choice  
whether you let it affect you or not" – Valerie Bertinelli

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## How to Stop Reacting to Situations and Start CREATING OUR OWN OUTCOMES

Lizzy shares her courageous story of how she didn't give in to the difficult circumstances she faced, but CHOOSE to be happy. Instead of crumbling under the pressure, hiding away or fighting back, she created her own outcome, she bravely paved her own way forward. Now, she is inspiring people across the world.

Such an inspirational woman and role model for our girls to learn from.

And a great film to help us gain perspective in our own troubles too.

There's so many reactions we can have to the circumstances of our lives. But what if we didn't have to let our circumstances dictate how we feel and act?

What if we created something OUT OF our circumstances, not react to them, but use them for our good, to grow, be strengthened, find joy and blessings, new opportunities, treasures within what might seem like a dead end, a wasteland.

We have created an interactive article/activity sheet for girls to read/fill out with practical strategies to help them create their own outcomes instead of reacting in challenging situations. Includes a perspective tool kit.

As well as some follow up questions for the inspirational film.

Check out Lizzy's Story:

<https://www.youtube.com/watch?v=s0hGDfNQV7M>

## Resource Activities

- Film Follow Up Follow Up Questions (page 2)
- Create Your Own Outcomes Interactive Info / Activity Sheet  
+ Perspective Tool Kit (page 3-4)

# I Choose to Be Happy - Creating Your Own Outcomes + Perspective Tool Kit

## Resource Activities

### Film Follow Up Follow Up Questions

- How do you think you would react if you were in Lizzy's situation?
- What do you think makes Lizzy so brave?
- What can you learn from Lizzy?
- How can you, like Lizzy, choose to be happy, instead of choosing to give up?
- How can you use challenging experiences to help you, to grow you, to strengthen you?
- How does Lizzy's story give you perspective in your own situations?
- What can you share with someone else?



# STOP REACTING to situations

# And START CREATING YOUR OWN OUTCOMES

What happens when things don't go our way? When we feel stuck? When we're faced with change and challenges?

What do you normally do? (circle any)

- Act out • hide • stomp • pull out • get perspective • give up • wish it away
- get overwhelmed • demand • complain • seek help • keep pushing on?
- Other...

There's so many reactions we can have to the circumstances of our lives. But what if we didn't have to let our circumstances dictate how we feel and act?

What if we created something OUT OF our circumstances, not react to them, but use them for our good, to grow, be strengthened, find joy and blessings, new opportunities, treasures within what might seem like a dead end, a wasteland.

It's totally possible, for you, right here and now, and brings such freedom to the things we face in life.

So what can you do to help you not react to situations but create your own outcomes?

Here are some steps to help you...

## Get Perspective



Perspective can make all the difference. When you're faced with change and challenge, like this year you weren't put in a class with all your friends, or the teacher you got is not your favourite, or things are changing in your friendship group or at home...

We can either have a complaining, negative attitude that will ruin the rest of our experience, that will drag us and the people around us down, that will keep us trapped in our situation.

Or we can CHOOSE to accept our situation and look for the opportunities and blessings that will come out of it.

What attitude will you choose to have? It's your choice, it's not forced upon you, you get to design the outcome.

Getting perspective can be a great key in helping us change our attitude, and choose one that will really help us and benefit us.

What challenges or change are you currently facing?

What attitude have you chosen to have?

What is a positive, empowering attitude you could choose to have?

Keep your eyes open for what opportunities and blessings you can find in your current circumstances.

Can you think of any now? Try and list a few

## Simple ways to gain perspective:

Go for a walk - get outside, be in nature, get some exercise, clear your head.

Plan - when could you do this?



Journal - write down what's happening and how you're feeling, get your thoughts out of your head and onto paper.

Why not start now...





# How to stop reacting to situations and start **CREATING OUR OWN OUTCOMES**



**Do something fun** - a hobby, something new, something different, get involved in something to help you see the bigger picture.

Create a list of all the things that you enjoy, that make you happy, that you could try, any hobbies etc? Come back to this list when you're feeling stuck and need inspiration of what to do to take your mind off things...

**Be thankful** - this is one of the greatest ways to get perspective and overcome challenges in our lives. **THANK YOU**

Being thankful and considering all the blessings you have in life can shift your mind from focusing on the negative to the positive, helping you see all the beautiful lights streaming into your circumstance and your life, instead of clouded in darkness.

Being thankful while you're in a hard situation lifts your gaze from staring at the pit to seeing all the possibilities.

Next time you feel stuck, list of all the things you're thankful for, and you will feel a shift. Try making this a daily habit – it's amazing what a heart full of gratitude can do!

Start now, list as many things you can think of that you are grateful for (you can write or draw)...

## Preload your Thoughts



We are constantly going to face change and challenges in our lives, so why not be prepared? **Have ammunition ready for when the negative attitude seeps in.**

Write down some encouraging statements, your strengths, some uplifting quotes - and memorise them, so that when a situation arises that you don't like – have them ready to fill your heart and mind, to bring comfort, joy, peace, strength and perspective.

Start now ...

## Take your own advice



What would you tell a close friend to uplift them and help them if they were facing your situation?

Ask yourself this question when you're facing challenge.

**Remember you have the choice. What attitude will you choose? How will you view this situation? What will you create out of it?**

What can you create out of your current situation? It's your choice - you have the power...

"A positive attitude causes a chain reaction of positive thoughts, events and outcomes. It is a catalyst and it sparks extraordinary results."  
Wade Boggs