

# FROM SIDEKICK TO SUPERHERO WORKBOOK

INNER POWERS PHASE ONE



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# IN THIS NOTEBOOK YOU WILL...



Discover who you  
are and who you  
want to be



Join Bodhi on  
his adventure  
to become a  
Superhero's  
Sidekick.



Learn to live a  
fulfilled and  
healthy life

I am committed to being a better person today  
than I was yesterday. Better thoughts. Better  
decisions. Better actions.

X

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## THE JOURNEY BEGINS

Complete the pages below before starting chapter one.



# DRAW YOUR OWN SUPERHERO LOGO

Suit up and get ready for the journey that awaits you!



Bodhi's Cape:



# IDENTIFYING YOURSELF

Before embarking on your journey, take time to reflect on who you are **right now**, by answering the questions and completing the exercise below.



Who are you?

What makes you, you?

Where are you?

What do you like to do?

## EXERCISE:

Draw or write out how you see yourself now.

I see myself now as...

# IDENTIFYING YOURSELF

Now take time to reflect on who you want to be in **one year from now**, by answering the questions and completing the exercise below.



Who will you be?  
What will make you, you?  
Where will you be?  
What will you be doing?

## EXERCISE:

Draw or write out how you see yourself in a year from now.

I see myself a year from now as...

# IDENTIFYING YOURSELF

It's important that we understand who we are, who we want to be, and **each day work to better ourselves.**

## EXERCISE:

Compare your two pictures and answer the following questions.

1. What's different about the you in a year from now?
2. What in each picture makes you happy?
3. What do you want to change in your "now" picture?
4. How do you change for the better in a year from now?

# IDENTIFYING YOURSELF

We all need to have fun in our lives, we all need to use our imagination, and we all need to reward ourselves.

## EXERCISE:

Complete the questions below...

1. What are the three things you have the most fun doing?

2. How often do you have fun?

Once a day

Twice a week

Once a week

Once a month

3. What would you want your super powers to be and why?



# IDENTIFYING YOURSELF

4. What are three things you like to do or get when you have done something good?

5. What life lessons have you learned so far?

6. How often do you praise yourself for a job well done?

Daily

Weekly

Twice a month

Monthly

Never

7. How do you show someone special in your life that you love them? (person or pet)



# IDENTIFYING YOURSELF

8. What are three ways you relax?

9. How do you feel during and after relaxing?

10. Define the terms sidekick and superhero in your own words.

**SIDEKICK**

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**SUPERHERO**

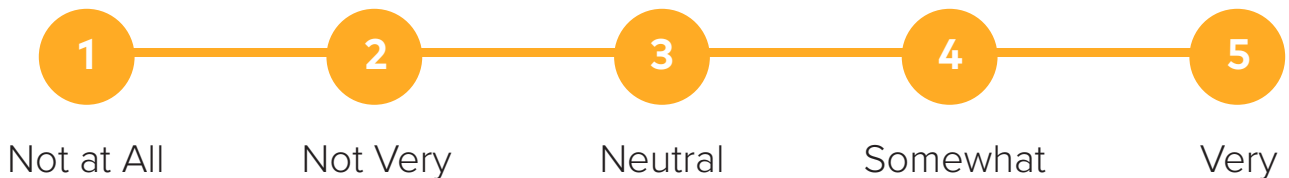
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# IDENTIFYING YOURSELF

By reading this book and following along Bodhi's journey we hope you will **learn some valuable life lessons to help you live a purposeful, fulfilled and healthy life.** Below are some questions Bodhi reflects on throughout the book. Join Bodhi and reflect/rate yourself on these questions.

## EXERCISE:

Reflect and rate your life based on the ten questions below.



1. How happy do you feel when you look at your "now" picture (pg. 3)?

\_\_\_\_\_ /5

2. How happy do you feel about your "Year from Now" picture (pg. 4)?

\_\_\_\_\_ /5

# IDENTIFYING YOURSELF

3. How important is living a healthy life to you?

\_\_\_\_\_ /5

4. How much do you love yourself for who you are?

\_\_\_\_\_ /5

5. How often is there fun in your life?

\_\_\_\_\_ /5

6. How happy are you with your life today?

\_\_\_\_\_ /5

7. How often do you think about others?

\_\_\_\_\_ /5

# IDENTIFYING YOURSELF

8. How often do you notice the good things in Life?

\_\_\_\_\_ /5

9. How satisfied are you with your friendships?

\_\_\_\_\_ /5

10. How often do you help others?

\_\_\_\_\_ /5

**LIFE IS 10% WHAT HAPPENS TO YOU  
AND 90% HOW YOU REACT TO IT.**

CHARLES R. SWINDOLL



**TIME TO OPEN THE BOOK!**



# NEW YEAR, NEW ME

## CHAPTER ONE



# CHAPTER ONE

Many people get scared about the first day of school, just like Bodhi did.

**Being scared and worried are very common emotions when you are doing something new.** However, we often become scared or worried sooner than we need to. When this happens, we sometimes let our emotions run our lives. For example, Bodhi couldn't sleep the whole night before the first day of school. Name a few times you were scared to do something new.

## EXERCISE:

Name a few times you were scared to do something new.

I was scared when...

## EXERCISE:

Circle any words that describe how you feel when scared.

Shaky

Stiff

Relaxed

Alarmed

Strong

Anxious

Worried

Calm

Weak

Joyful

Nervous

# CHAPTER ONE

When we think about these “scary” events before they even happen, we sometimes make the event out to be worse than it is in our heads. When we allow our emotions to run our lives before it’s time, we may miss out on the good things happening around us in each moment. We become too focused on what could go wrong, instead of what is going right, right now. Lets take a look at all the times **Bodhi was worrying about his first day of school, instead of living in the present moment.**

Moment	Bodhi's Emotion	Things Missed Out On
<b>Last Day of Summer</b>	Sad	Family BBQ fun
<b>Morning of 1st Day</b>	Anxious	Favorite breakfast
<b>Drive to School</b>	Worried	Time with family
<b>Driving by High School</b>	Hesitant	Favorite song
<b>Front Entrance Driveway</b>	Alarmed	Aaylah on sidewalk
<b>Stepping out of the Car</b>	Fearful	Bye to mom

As you can see, by worrying in advance, Bodhi missed out on all the enjoyment that the last day of summer has to give and more.



# CHAPTER ONE

Choose a time you were scared at trying something new.

## EXERCISE:

Working backward, fill in times before an event you worried.

*I was scared when...*

*Moment*

*Your Emotion*

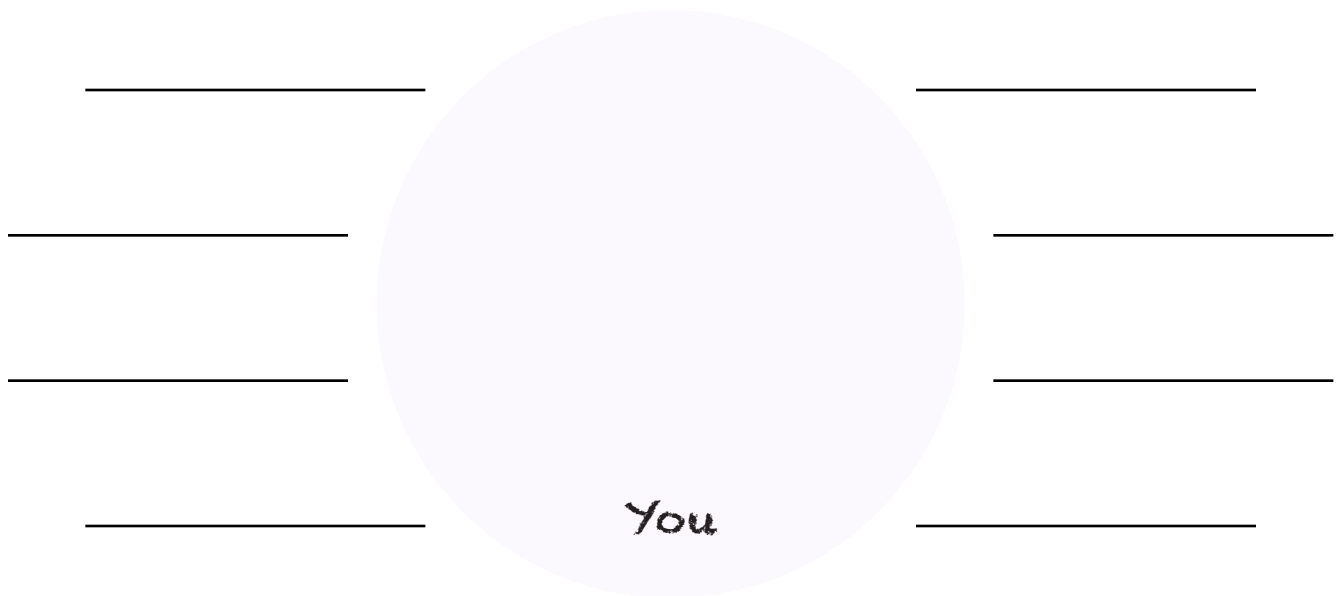
*Things Missed Out On*

# CHAPTER ONE

When Bodhi thinks that he has grown overnight, he describes himself as tall and someone who everyone wants on their team. Many times we focus on what we want and not what we have. Bodhi is focusing on wanting to be taller and thinking that his life would be. Bodhi is having “if only...” thinking.

## EXERCISE:

Draw a picture and fill in the lines around it with words describing how you want others to see you.



**"THE ONLY PERSON YOU SHOULD TRY TO BE BETTER THAN, IS THE PERSON YOU WERE YESTERDAY."**

MATTY MULLINS

# CHAPTER ONE

Throughout the first chapter, Bodhi goes through a series of positive and negative events. The events he focuses on, are the ones that determine how he feels.

## EXERCISE:

Name 3 negative and 3 positive events Bodhi experienced.

Negative

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Positive

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At the end of the chapter, Bodhi tells his parents about the first day of school. What did he say?

Is Bodhi focusing on the left or the right events that you listed above?

**"IN ORDER TO SUCCEED, WE MUST  
FIRST BELIEVE THAT WE CAN."**

NIKOS KAZANTZAKIS

