



This Thinksheet supports concepts taught in Social Fortune or Social Fate

Re-Frame Your Brain

We all do things that are annoying, boring, or just get in the way of doing other things. As we get older, we are supposed to do things by ourselves.

For example, when we are 9 or 10 it was sort of fine to "forget" to pick up our clothes without a reminder. In fact, many kids who are younger get so used to being reminded and cued to do things that they just WAIT for someone to tell them what to do. It may not even be on a conscious level, but they just wait to be told.

The problem is that we begin to believe that we can't do those little things because we've been told our whole life how and when to do them. Here's the other problem... other people in our life may start to think we can't do them either because they spend so much time teaching and reminding us how to do things.

Well, the time has come to RE-FRAME your brain to conquer that procrastination or avoidance monster. At some point we all have to move into being a helpful teen and then an adult. Our time has come. Look at the table below and start to think about which things you can begin to do on your own.

Situations	1	2	3	Strategy Code
I Like the responsibility. I can do this!				
I'm okay at this but others might think I can't do it.				
I would Like to step up and do this more often.				
I need some help remembering to do this.				
I don't like doing this, so I usually try to get out of it.				