

What Do You Really Want? NAME _____

Listen to the story, The Magic Pebble. What is the moral of the story?

When you think about what you want you may actually be focusing on what you don't want. Saying "I don't want to fail the test" or "I don't want to be fat" focuses your attention on failing and on being overweight.

Practice re-phrasing the following statements into positive wishes:

WHAT I DON'T WANT	WHAT I DO WANT
<i>I don't want to fail any classes.</i>	<i>I want to get all A's and B's this grading period</i>
<i>I don't want to eat junk food.</i>	
<i>I don't want to be poor.</i>	
<i>I hate my job!</i>	

Write a list of the things you don't want in the first column. Then re-phrase each statement to describe what you really want.

WHAT I DON'T WANT	WHAT I DO WANT