



Silence the NOISE

15 Days of Inspiration
to Help Strengthen Students



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Workbook Pages
One Time Use Only

Day 1:

Silencing Activity

Define “value” in your *own* words:

Consider the definition you’ve just created. Did you include any terms that might also be used for currency or materialistic items? Which words are they? Could these words also be used to define value in the same way as it is used in this chapter? Why or why not?

Understand that value is not necessarily a price, profit, benefit, or an assessment. Value is also the importance of things you hold close to your heart. They are priceless yet exceedingly rich. Here, I want you to write down what you currently value in your life. Be honest.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Now that we understand there is a war going on inside our heads, let's discern the difference between lies and truths. I want you to circle which one describes you. Again, be honest.

Are you:

1. Worthless or Worthy?
2. Nobody or Somebody?
3. Trash or Treasure?
4. Meaningless or Valued?
5. Disliked or Adored?
6. Uncaring or Passionate?
7. Weak or Strong?
8. Fearful or Courageous?
9. Failure or Successful?

Contrary to what we believe, we hear lies before truth. If you circled any of the first qualities about yourself, understand those are only lies and *none* of them pertain to you. You truly are all the other qualities: worthy, somebody, treasured, valued, adored, passionate, strong, courageous, and successful!

Push out the lies and live in the truth that you are more than enough.

Day 2: Silencing Activity

In what areas are people “tugging” on you right now? Is it *their* passion or *your* passion? Do you feel pressured? Anxious for no identifiable reason? Feel like you’re living someone else’s life rather than your own?

It is imperative you put passion in its place and for the right reasons. Don’t allow people to pull you in directions you don’t want to be pulled. You’ll end up in the wrong place at the wrong time, so be a passionate leader instead. How you can turn the following negative examples of putting passion in the wrong place into something positive?

1. Grouping up to bully someone
2. Spreading rumors
3. Creating negative statements on social media
4. Cheating on a test to become best in class
5. Peers persuading you to try out for the team you don’t want to be on
6. Putting others down to make you more popular

Day 3

Silencing Activity

I want you to take a long look at *yourself* here. Take a self-inventory of your life and explore if you are an encourager or discourager. Be honest.

Circle Y for Yes or N for No if the following statements fit you at the moment:

1. Do you feel better about yourself after you discourage other people? Y/N
2. Do you support other people when they are “sinking”? Y/N
3. Do you break people down more than you build up others? Y/N
4. If you saw someone in distress, would you help them in their current situation? Y/N
5. If people were making fun of someone else, would you join them? Y/N
6. Do you tell lies to get what you want? Y/N
7. Do you find yourself complaining about things more than finding solutions? Y/N
8. If you could cheat your way to victory, would you do it? Y/N
9. Do you find the negative in everything? Y/N
10. Do you have compassion for people who are broken? Y/N
11. Would you give your shirt off your back if someone needed it? Y/N
12. Even when things aren't going your way, do you stay honest? Y/N
13. Do you find the good in everybody? Y/N
14. Would you rather compliment someone than point out their flaws? Y/N
15. If everything around you started falling apart, would you stay positive? Y/N

If you answered “yes” to most of the questions 1-9, unfortunately, I would say you fall more into the category of a discourager. If you answered “yes” to the majority of questions 10-15, you are an encourager!

If you found yourself to be more of a discourager, you can change that *now*. You were never meant to bring others down or keep a constantly negative attitude. You have the power to change your path forever. By one encouraging word after another, you will quickly become the greatest encourager of all time, and people will start to see your change!

Day 4

Silencing Activity

Identify three of your characteristics and write them below:

1.

2.

3.

Think about yourself for a few moments and then write about the things that make you a unique individual. This could be anything from being the only green-eyed person in your family to being able to tie a cherry stem with your tongue. Maybe you're the only one who is able to make a certain teacher laugh or calm a baby. Who knows? This list is all about *you*!

Your thoughts:

Your strengths:

Day 5

Silencing Activity

What do you fear most? Is it rejection, failure, exposure, or disappointment? Could you even be afraid of success? Write down the things you fear here:

How can you overcome these fears?

Find a way to vocalize your feelings to others and share your fears. Something happens when we release our fears to someone who has been through the same problems. Associate yourself with others struggling with the same fears, and you will discover there are more people out there who are going through situations similar to yours. Voice your feelings and opinions and help one another tackle these fears.

Day 6

Silencing Activity

I want you to consider volunteering somewhere. It can be handing out food to the elderly, sitting in a nursing home and reading a book to the residents, serving at a local homeless shelter, or getting involved at the Boys & Girls Club. You may find serving others brings more fulfillment to your life than you ever thought possible. Below is a list of some volunteer organizations, though there are countless organizations I am sure would love to have your help. Please note, I am not affiliated with any of these organizations, nor do I receive any reimbursements for listing them. They are merely examples.

United Way

<https://www.unitedwaydm.org/volunteer>

Ronald McDonald House

<https://www.rmhc.org/volunteer>

Bright Futures

<https://www.brightfuturesusa.org/domain/13>

Humane Society

<http://www.humanesociety.org/community/volunteers/>

Your local library

YMCA

<http://www.ymca.net/volunteer>

American Red Cross

<http://www.redcross.org/volunteer/become-a-volunteer#step1>

Day 7

Silencing Activity

It is difficult to forget things people have done to us in the past. We hold on to it for years, begrudging people's past motives and behavior toward us. But when we forgive, it gives us the ability to move on. Think of some people who have hurt you or who might currently be hurting you. Is it possible for you to maybe call and tell them you forgive them? Sometimes, the situation stems from a lack of communication. If you tell the person how much they have affected your life, they may see how they have caused you pain. There may be tears, there may be laughter, but one thing is very clear: forgiveness wipes away any clutter that has consumed your life for too long.

Your thoughts:

Day 8

Silencing Activity

I want you to start accepting who you are. "This is me" is a profound statement to proclaim. Below, I want you to circle which characteristics stand out to you.

Beautiful	Extrovert	Kind	Sincere	Introvert	Loyal	Stubborn	Intelligent	Large
Excitable	Focused	Logical	Open-minded	Pessimistic	Playful	Scarred	Independent	Unique
Clever	Considerate	Masculine	Feminine	Painted	Thin	Muscular	Colorful	Boring
Messy	Organized	Glamorous	Optimistic	Hairy	Dull	Positive	Sympathetic	Honest
Forgetful	Persistent	Adventurous	Observant	Fearless	Small	Reliable	Meticulous	Lazy
Picky	Self-centered	Bossy	Shy	Anxious	Calm	Gracious	Outspoken	Humble

Now that you have circled some of these characteristics (or maybe all of them), begin to accept them. It's who you are. Some may be negative characteristics, but you can identify them and work on them.

You are not alone. Find ways to get involved in social clubs and teams. You may not fit in with everyone, but that's okay. We are all different, yet we share some of the same experiences, laughter, sorrows, and joy. So, in a way, we are all similar. Never isolate yourself. Start communicating and gathering with others with the same mindset.

Day 9

Silencing Activity

I want you to think back to a difficult moment and write about it. What was it, and how did you respond? Did you recover and come out of the situation stronger? This is only for you, so freely write about how you recovered after the event. It could be the loss of a loved one, the loss of a championship, failing a test, breakup of a relationship, or even a conflict with another peer. Use this time as reflection. Strength is found in the stretch. You don't fail just because you've fallen. Strength can be defined when you overcome the most difficult situations.

Day 10

Silencing Activity

When you look at someone, what is the first thought that comes to mind? Is it the clothing they wear? Their appearance? Their differences? The way they walk? The way they talk? Do you find yourself judging people before you get to know them?

Instead of judging people, get to really know them. Start by looking at them as someone else's daughter or son whose parents love them very much. You never know what someone may be going through. Their home life may not be the best at this moment. You could be that one person who helps others when they are down. Learn to not judge but accept everyone just as they are.

I want you to pick one student out of your class and write out your thoughts about them. Descriptively write their characteristics and what you personally think about them as an individual. Really grasp what you think they may be going through at school and at home.

Did you come off as judgmental? Did you have compassion in your thoughts? Did you judge them by their appearance? The way they live? The clubs or teams they are on?

Day 11

Silencing Activity

I want you to go out and find opportunity today. Notice how opportunity comes from genuinely serving others. Here are some ideas:

1. Stay after class to help a classmate.
2. Bring drinks to the local athletes.
3. Send out thank you cards to everyone who has inspired you.
4. Get a small card for your teacher who has encouraged you.

Just on the other side of the fence is a land of opportunity that can only be obtained when you step outside yourself.

Day 12

Silencing Activity

I want you to detach yourself from social media. I want you to abstain from Facebook, Snapchat, Instagram, Twitter, and all other social media platforms for one week. During this week, I want you to do three things:

1. Find a way to physically communicate with friends and family. Maybe go out of town or play a board game. Whatever it is, do it without a screen.
2. Get out into nature. Nature is a very positive way to excite your creativity. Spend an hour walking a trail or even sit on your back porch and look at the woods. Open your mind.
3. Read a self-help book. Make sure it pertains to improving your life.

This is your *reinventing* week. Make sure you detach yourself from social media and recharge your life. Don't fall back into temptation to get back on the screen. You will find it hard at first, but you will come to like it.

A renewed mind does not happen overnight. It happens when we strive to make small, positive changes every day. During this week away from social media, I want you to find an inspirational website and continuously flood your mind with positive thoughts. You will see that changing your thought patterns can bring about a satisfying life.

Day 13

Silencing Activity

Love does not have to be on a grand scale. There can be small displays of love inserted all over your area. Are there areas around you that lack love? Have you identified them? Are there places of vacancy where you could be helpful? Love can fill the empty spaces. Go out and find places to insert love. It won't take much, but it does take a big heart.

Your thoughts:

Day 14

Silencing Activity

Focus on a “race” you are running now. Specifically, where are you going? Are you heading in the right direction? Running *your* race? Staying in your lane? Keep your eyes on the prize ahead and don’t compare yourself to others. Today, ask yourself these three questions:

1. Where am I going?

2. What have I learned?

3. Who am I impacting?

Day 15

Silencing Activity

Think of the butterfly from the example above. Transformation is a part of life, and the same thing is possible for yours, but transformation does not happen overnight. It's a *process*. As you rebirth your life and take on new transitions, know this life is not a sprint but a marathon.

Ask yourself these final questions as you go forth with your new life:

1. Where are you in this walk of life? Still searching? Still journeying? Write down a couple things you believe about your life.

2. Where would you like to be? Set goals you can strive for and obtain.

3. Out of this book, what is the one thing that brought revelation to your mind and life? Write this down, keep it within arm's reach, and reflect on it daily.

4. I want you to write down one word for this year. It can be anything, but it must be encouraging. I'll tell you my word: "Expectation." I expect things to go right in my life. I expect there's always more. I expect new beginnings every day. Now it's your turn. Place your word near your heart for the entire school year and meditate on it. After all, it is *your* word!

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