

DREAM UP NOW *Compact* Emergency Emotions Set



Moving from darkness...

I FEEL DISAPPOINTED

...into light

I FEEL FULFILLED

DREAM UP NOW is a guided journal for teens (coming September 2020), offering creative tools for transforming pain into power, and showing readers how to design your life to go the way you want. This *compact* Emergency Emotions Set is a FREE GIFT will help you cope with specific emotions teens are dealing with during the pandemic -- now. *Dream Up Now* is all about moving from darkness into light. Leading up to the official release of *Dream Up Now*, watch for these exclusive compact emotions sets that you won't find in the journal. Coming once a month, the sets cover:

- I Feel Isolated/ I Feel Belonging
- I Feel Disappointed/ I Feel Fulfilled
- I Feel Stress/ I Feel Calm
- I Feel Fear/ I Feel Safety

Turn the page to begin learning creative ways to deal with disappointment and to discover how to transform disappointment into fulfillment.

Subscribe Receive all 6 compact emotions sets by subscribing at www.DreamUpNow.com

Connect with author Rayne Lacko on Instagram [@raynelacko](https://www.instagram.com/raynelacko) and [@dreamupnowjournal](https://www.instagram.com/dreamupnowjournal)

Pre-order [DREAM UP NOW at Free Spirit Publishing](#)

Want to Help Others? Share this FREE emotions set, and post your results to your social media [@dreamupnowjournal](https://www.instagram.com/dreamupnowjournal) [#dreamupnow](https://twitter.com/dreamupnow)

I Feel...Disappointed

Sadness / feeling hurt or angry / wishing things turned out differently

Have you ever made plans with a friend only to have them cancel? Or have you ever reached the final part of a game only to lose, or received a grade on a test that was a complete letdown? Disappointment is the failure to meet expectations or hopes. It can show up anytime and can reveal itself in a lot of ways.

Disappointment can feel really bad. But that doesn't mean you should avoid it. Disappointment is actually an essential tool for achieving your goals. If you hope to become a better friend, athlete, musician, dancer, or get better grades, experiencing a disappointment can help you figure out where to direct your attention. Whatever didn't go the way you wanted is like a message just for you, telling you what you care about, and what you might need to give more energy and attention to.

But it still doesn't feel so good, does it? There's nothing wrong with being disappointed, but it is a signal to vent your emotions rather than trying to create a false sense of positivity. You don't have to hold onto it. You have a right to your disappointment, so let it out right now.

"I am disappointed because _____."

DREAM UP NOW

Life will always present challenges. The time you invest today will help you learn how to cope with any disappointment the world throws your way. The best thing about disappointment is that you already have the skills to manage it. How? By figuring out the real cause of your pain.

**Time invested in
Coping today
Will help with
disappointments
tomorrow**

I FEEL Disappointed

Let's find the real cause of your pain. Why do you think you're disappointed? Look at what you wrote on the previous page:

"I am disappointed because _____."

Why did you want this thing to go differently?

Why do you think that reason is important to you?

Do you have any control over the outcome? *(Think about whether improving your skills, or gaining more information could change the outcome of your expectations.)*



Make a little sketch or write a short letter to your future self-sharing the knowledge and experience you've gained from this experience. What advice can you give your future self?

I FEEL . . . Disappointed



I Feel...Fulfilled

feeling satisfied / gratitude / forgiveness / contribution

Life isn't always easy. In the middle of setbacks and change, it is tempting to think, "Well, I guess life will never be the same again." One way to find fulfillment is to look at whatever disaster, pain, or difficulty you're facing now and accept that good *can* come from it. Fulfillment comes from within, and there are two highly effective ways to feel fulfilled right now.

DREAM UP NOW

If you want to make a deep, profound shift toward fulfillment, make that happen by accepting:

1. **You already have every valuable thing.** Fulfillment comes from appreciating what you *do* have, right now. Fulfillment cannot and will never come from something you feel you're lacking. If you want to level up your feel-good vibes, you can gain your deepest fulfillment by looking closely at the everyday stuff in your life, and realizing how valuable they are. These highly valuable things might include your health, your family, your books, your bed, your music, your best friend, your happiest memories, that one thing you would rescue from a fire, your favorite food, and your clothes. Other valuable things are the results of previous setbacks, like the people who criticized you yet pushed you forward, because you're not the same person you were a year ago. You are alive and breathing, and you can read this. You already have today.
2. **You are already becoming your most fulfilled self.** Loving yourself will shift you into a more fulfilled life. Forget extremes, like perfection or inadequacy. Your unique mix of strengths and weaknesses make you lovable. You choose which strengths and weaknesses to invite into your life—everyone has both, and gets to choose which ones to cultivate. If you're ready to cultivate new strengths, remember it's OK to be kind toward the weaknesses you want to change. No one ever hated themselves into feeling good about themselves.

**YOUR DREAMS
AND PASSIONS ARE
YOUR PATH TO
FEELING
FULFILLED.**

I FEEL . . . **FULFILLED**

What are the everyday things in your life that are valuable to you? In the space below, list the items you make use of every single day, from your phone to your deodorant or toothbrush. Life is better with those things, and may not be so good without them.

Next, list all the qualities you like or love about yourself, remembering that even your weaknesses teach you how to be stronger, and show you what you want to work on in your life. Your weaknesses are as lovable as your natural strengths.

Congratulations for all the valuable things you have in your life. These lists show you are exactly in the right place--right now--to begin living a fulfilled life, exactly how you create it.

Set a reminder to spend at least 10 minutes each day focusing on every valuable thing you have, every valuable thing you are, and every valuable thing you're cultivating for your future.



Use this space to draw a representation of you as your most fulfilled self. It could be your heart, your mind, spirit or force – whatever is relatable for you.

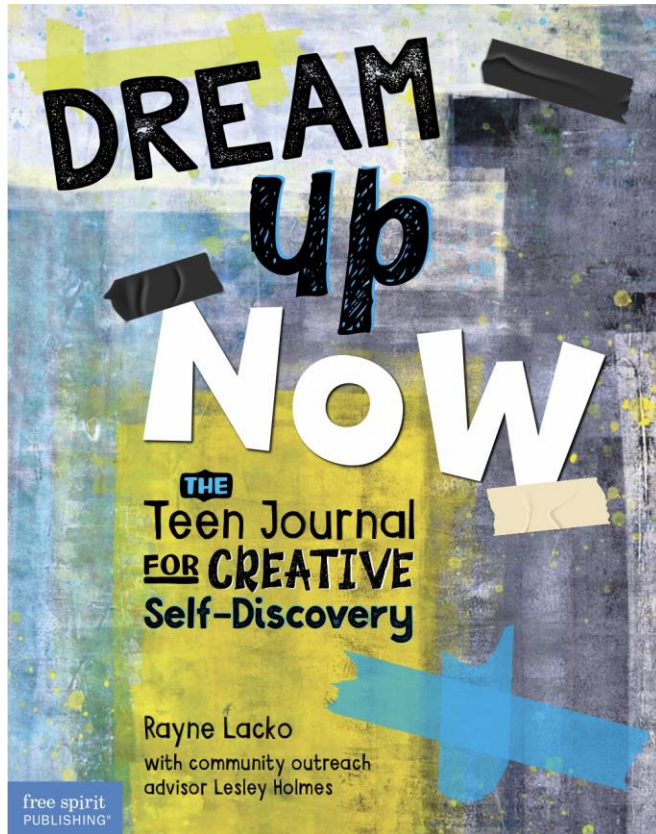
I FEEL . . . **FULFILLED** _____



Coming September 2020 from [Free Spirit Publishing!](#)

This *compact* emergency set of light and dark emotions is a unique, FREE gift for you. For 36 *expanded* creative activities from diverse voices, pre-order the official teen journal for self-discovery.

DREAM UP NOW: The Teen Journal for Creative Self-Discovery



[Click to pre-order DREAM UP NOW at Free Spirit Publishing](#)

Paperback, lay-flat binding: 978-1-63198-549-2

Interest Level: Ages 13 & up

Illustrated: 1-color

Trim Size: 7.25" x 9.25"

Page Count: 176

Teens feel a wide range of sometimes-overwhelming, often-fluctuating, intense emotions. To help teens understand, manage, and channel their emotions into passion for the life they want to live, this guided journal with a convenient lay-flat design includes 36 creative activities. Crafted by community leaders across North America, these activities encourage teens to create, draw, listen to music, and put pen to paper as they process emotions, discover more about themselves, and pursue what they want out of life.

Dream Up Now offers a safe space for creative self-expression of *all* emotions, both positive and negative. Every emotion is valid in this journal, and teens are encouraged to move from dark (negative) to light (positive) emotions. For example:

- From tired to fired up
- From confused to confident
- From jealous to appreciative
- From loss to peace

Using simple journal prompts and art project ideas, with plenty of room for writing and reflection, *Dream Up Now* is a powerful tool for navigating emotions and self-reflection. It also includes information to help teens advocate for music programs or start a club in their school.

Learn more at www.dreamupnow.com and on Instagram [@dreamupnowjournal](https://www.instagram.com/dreamupnowjournal)
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