

## DREAM UP NOW *Compact* Emergency Emotions Set



Moving from darkness...

**I FEEL ISOLATED**

...into light

**I FEEL BELONGING**

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 isolation and to discover how to transform the pain of isolation into feelings of belonging.

**Subscribe** Receive all 6 compact emotions sets by subscribing at [www.DreamUpNow.com](http://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 #dreamupnow

## I Feel...Isolated

*having minimal contact with others / far away from other places, or people / lonely*

Feelings of isolation can come from being at home alone for long stretches of time, stuck inside your head. It's tempting to distract yourself by looking for the next new thing, or randomly clicking "like," or wishing to be somewhere other than where you are.

If you are simply finding ways to distract yourself day after day, you may be doing things that actually create more negative feelings. Take a moment to look at how you're spending your time from one hour to the next in your isolation. How much time do you spend in front of the TV, or scrolling through social media reading other people's opinions about what is happening and how you should feel about it?

Are you doing anything that is adding sadness, boredom, anxiety or uncomfortable feelings to your isolation? Ask yourself: What am I doing that I don't even want to be doing? List them here:

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Those are things you want to let go of. Here's some good news: knowing what you want, and filling your day with things that make you feel good, and give you a sense of accomplishment, can crush your feelings of isolation. The more you create, produce and learn, the less you'll need to search outside yourself for approval or validation. Honor who you are, and you won't need to be distracted by what others are doing or saying. The person you are when you're by yourself is the person that matters the most. You are your most important relationship.

**I'M ready to take  
care OF MySELF.  
THIS IS THE TIME.**

## DREAM UP NOW

If you feel like you've been avoiding your own thoughts, hit "reset" by asking: what's really important to me?

# I FEEL Isolated

Writing a plan for your day gives you motivation to get out of bed, and a solid opportunity for you to get to know yourself, find out what you like to do, what's important to you, and what you want to create for your life. You're going to wake up in the morning and you're going to create a plan for your day.

**Here's what I'm going to do today:**

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*(Ideas: spend time outdoors, clean out your closet, draw or paint, take photographs, journal, practice your instrument, read a book, go for a jog, (learn to) cook a favorite dish, (learn to) sew custom clothing for yourself, write stories, dance or improve your dance skills, sing songs, take a walk, go for a bike ride, make videos, learn/practice a second language.)*

You're going to experience times when you find yourself staring at a screen and feeling anxious. That's okay. It's part of being human. Every single moment is a chance to hit "reset" and go back to creating something that makes you happy. This isn't about being flawless. It's about building a relationship with the most important person in your life: you.



## I Feel...Belonging

*feeling respected and valued / feeling engaged / leadership / caring for others*

Have you ever heard about people who are miles apart looking up at the same moon and feeling a sense of togetherness? Even when you're physically far away from the ones you care about, you can still enjoy feelings of belonging. Just like things that are far away appear smaller, when people are frustrated by distance, it's tempting to feel "small" too.

Everyone needs to feel a sense of belonging, just like they need food and shelter. When you become deeply aware of your connection to others, you see that all people struggle and have difficult times. You are not alone.

Building a sense of belonging requires expanding, not contracting. You can do this by making your activities, thoughts, and the goals you're pursuing benefit the people you care about as much as yourself. The world needs people who inspire others.

## DREAM UP NOW

One of the very best ways to serve and uplift yourself is to make it matter for others. Even if your wish is to get in shape, or become more confident, smarter, well-spoken or charming, realizing your dream becomes truly satisfying when it also improves your relationships with others.

Think about the things you've been wanting to do, maybe for months. How can you frame your vision of your best self in a way that will also serve others, and improve their lives? This is your chance to lead. It's a chance to be expansive. This is about impressing yourself because you are your most important relationship.

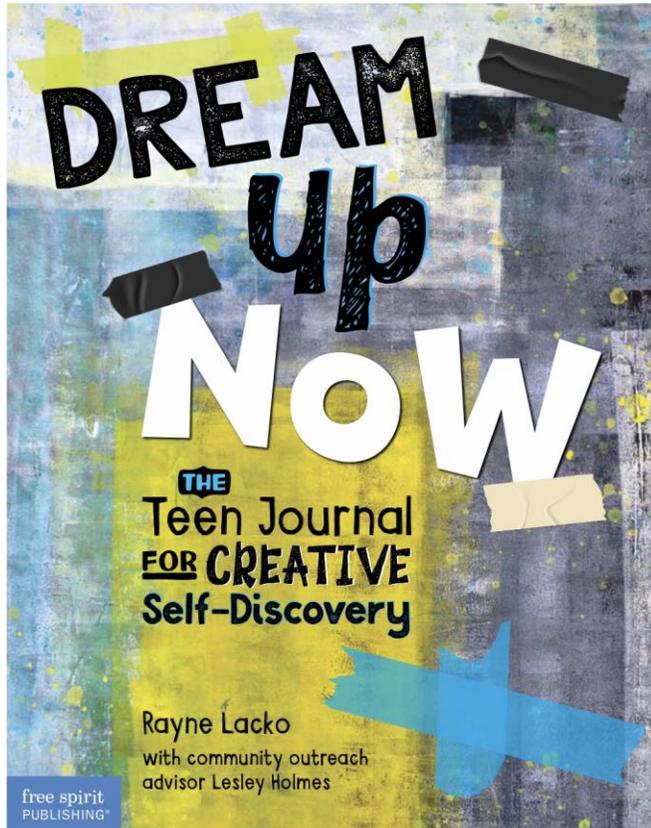
**THIS IS AN  
OPPORTUNITY TO  
MAKE A CHANGE  
FOR THE BETTER.**



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](http://www.dreamupnow.com) and on Instagram [@dreamupnowjournal](https://www.instagram.com/dreamupnowjournal)  
Visit author Rayne Lacko at [www.raynelacko.com](http://www.raynelacko.com) or on Instagram [@raynelacko](https://www.instagram.com/raynelacko)