

Jump Back Up (Song 1)

One, two, buckle up my shoe
 Three, four, I know there's more to life than
 Five, six, all the trips I've tripped

Even if I never, ever win the cup,
 When I stumble and fall I just jump back up

So many problems in life I've got to overcome
 Can I do it all by myself you know I'm not that dumb
 What has been done in the past to help me find the way
 The things that knocked me down can help me up today

Even if I never, ever win the cup,
 When I stumble and fall I just jump back up . . .

I do all that I can, sometimes it's not enough
 When the road ahead ain't nothing but rough
 Nothing's wrong with being flat on my face
 Because I know I can change and I can finish the race

Even if I never, ever win the cup,
 When I stumble and fall I just jump back up . . .

Jumping Your Hurdles

2 What have you jumped over?

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3 What can you jump over?

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4 Why should you try to jump your hurdle?

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5 Strengths:

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- 1. Identify the Problem**
What problem do you really want to overcome?
- 2. Create Options**
What are some options you can create?
- 3. Get Help**
Who can help you get over your hurdle?
Who can you help?
- 4. Take Action**
What specific behaviors (actions) do you need to stop or add to jump your hurdle?
Stopped Behaviors Added Behaviors
: :
- 5. Believe In Change**
On a scale from one to ten, circle where you are in believing change will happen.
"I can't" "Maybe" "I know I have the strength"
1. 2. 3. 4. **5.** 6. 7. 8. 9. **10.**
x x
- 6. Jump Back Up**
If you trip, how will jumping back up make you stronger?

1 Your Problem:

You Only Lose If You Give Up!

***** What should your "self talk" be telling you as you try to jump your hurdle?