

Intro: Meet Coach



Let's take a closer look:

You just met Coach, our half-human, half-Eudaimonian personal trainer for negative thoughts. Here's what we learned from Coach along with some additional information:

- Almost everyone has negative thoughts. In fact, science reveals 94% of humans have negative thoughts!
- Negative thoughts are sticky. Humans have a negativity bias or a tendency to pay more attention to negative than to positive events.

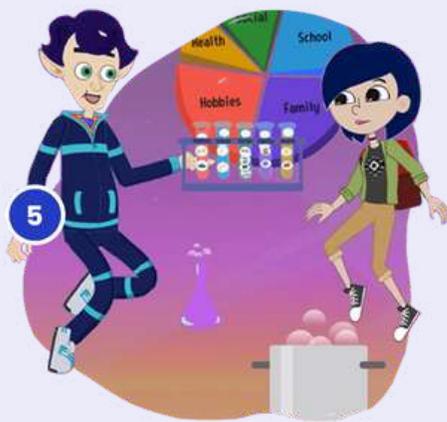
- 
- The amygdala, or the alarm center in your brain, uses 2/3 of its neurons to search out bad news. For example, if you get one poor grade and lots of good ones, your brain might only focus on the poor one... that is the negativity bias at work!
 - The goal is not to change your negative thoughts. We know from research that the more you try to actively suppress a negative thought, the more it may repeat in your mind. Instead of changing our thoughts, we can change our relationship with them. That's what innercising at the 24-hour Emotional Fitness is all about!

Today's Challenge:

Have you ever felt like Sabrina or Coach? Was there anything in the video that you relate to in your life?

Many more animations are inside the membership area!

This is just the start of Sabrina's journey to change her relationship with negative thoughts. Join her as she learns all about negative self-talk, self doubt, and how to break free from negative thought cycles.



Sabrina couldn't shake off her negative thoughts until she met Coach, her new personal trainer. Join her on a transformative 5-day Emotional Fitness program that helps Sabrina break out of her negative thought cycle.

Perfect for kids, tweens, and teens, this program shows you the science behind our thoughts and how to break out of negativity. Using 5 practical and effective tools, your kid is going to become more resilient and rethink their relationship with their thoughts.

GoPositive! is just one of 8 animated programs that teach essential life skills in a format kids love.

What's included in the GoZen! subscription?



GoZen! Anxiety/Stress Relief Program

6 Modules / 36 Animations / 75+ Minutes of Video

Our flagship animated program for kids of all ages who have anxious, fearful, or hopeless thoughts.

- How anxiety/excessive worry affects the body & mind
- Physical understanding of the brain and how it deals with worry
- Recognizing "ThoughtHoles" or thoughts that distort reality
- The 5Cs of resilience, the FARR Method and other techniques



GoStrengths! Well-being/Resilience Program

10 Modules / 115 Animations / 125+ Minutes of Video

A comprehensive animated resilience program for kids of all ages used for bullying prevention, self confidence, and SEL skills.

- Well-being, purpose, self-awareness and self-compassion
- Resilience, grit, and character strengths
- Problem solving, goal setting, fixed vs. growth mindsets
- Social connections and listening skills



GoHackify! OCD Relief Program

5 Modules / 30 Animations / 110+ Minutes of Video

An animated program for use with kids experiencing OCD. Includes a 165-page workbook for kids and a support workbook for parents.

- Identifying and managing intrusive thoughts
- Identifying and managing repetitive behaviors
- The continual cycle of Brain "Spam", techniques to break the cycle
- Extra material so parents are on the same page



GoToTheNow! Mindfulness Program

1 Module / 12 Animations / 40 Minutes of Video

An animated introduction to mindfulness for all ages, featuring multiple tried-and-true exercises that kids can follow along with.

- The connection between thoughts and reactions
- Being in the present moment vs focusing on the past or future
- Breathing exercises, movement exercises and guided meditations
- Finding calm from impulsive, hyperactive and reactive behaviors



GoPositive! Negative Thought Relief Program

1 Module / 7 Animations / 30+ Minutes of Video

An animated program for tweens and teens all about negative self-talk, self doubt, and how to break free from negative thought cycles.

- The "sticky" nature of negative thoughts
- Transforming our relationship with negative thoughts
- Treating yourself with compassion instead of criticism
- Separating thoughts and feelings from our sense of self-worth

Learn more at GoZen.com/family/

What's included in the GoZen! subscription?



GoWave! Panic Attack Relief Program

1 Module / 12 Animations / 55+ Minutes of Video

An animated program tweens and teens experiencing panic attacks all about dealing with uncomfortable feelings.

- All about the Fight, Flight, or Freeze response
- Recognizing triggers and mind tricks, how "What Ifing" can lead to panic
- "Riding the wave of feelings", methods to conquer panic attacks



GoAction! Procrastination Relief Program

1 Module / 6 Animations / 24+ Minutes of Video

An animated program for tweens and teens about procrastination and executive functioning skills.

- The characteristics of procrastinators and how procrastinating creates problems
- Breaking down goals into smaller steps and preparing for setbacks with When-Then and If-Then techniques



GoCharge! Anger Transformation Program

4 Modules / 19 Animations / 50+ Minutes of Video

An animated program for tweens and teens about dealing with anger, frustration, and big reactions to situations.

- Why anger is a normal, healthy emotion and the messages anger is trying to send, how to "talk to" your anger
- Recognizing the underlying thoughts and emotions beneath anger
- Breaking the cycle of angry reactions, feeling in control/empowered



Anger Transformation Challenge

2 Modules / 10 Videos / 27+ Minutes of Video

A live-action challenge series + printable journal, taught by a peer.

- Responding to anger instead of reacting to it
- Understand what your anger is communicating
- Identify positive character strengths in yourself and loved ones
- Uncover stories you're telling yourself about your feelings
- Practice conflict resolution in a healthy way



BONUS: Printable Library

Activity Kits / Journals / Flashcards / Posters / Audio Stories

An extensive, fully searchable library of PDF printables, categorized by topic or format so you can always find exactly what you're looking for.

- Over 100+ printables that can be used separately or as a complement to the programs
- Easy to use handpicked "kits" grouped by age and topic
- New downloads are added each month!

Learn more at GoZen.com/family/