



The Hidden Strength Treasure Hunt


Finding New Meanings in Everyday Things 

BEFORE YOU START

Watch the video first:

“Repattern Your Negative Self-Talk”

As you watch, notice:

 How did the student change the meaning of being “easily distracted”?

Instead of criticizing herself...
she found a new way to understand herself.






That’s called:

 **re patterning.**


YOUR MISSION

Go on a treasure hunt around your home.

Find objects that remind you of:

-  strengths
-  hidden abilities
-  emotional growth
-  supportive thoughts
-  new patterns

EXAMPLE

 Crayons or markers

 “I am creative.”

 Mirror

 “The way I talk to myself matters.”

 Flashlight

 “I can look for new ways to see things.”

 Headphones

 “I can choose what I listen to.”

 Puzzle pieces

 “Not understanding something YET doesn’t mean I can’t learn it.”

 Plant

 “Positive growth takes time.”

TREASURE HUNT CHALLENGE

Find:

5 objects in your home

For each object:

1. Draw it OR write what it is

2. Write:

“What new pattern could this remind me of?”

OBJECT #1

Object:

New Pattern:

✦✦ _____

✦ **OBJECT #2**

Object:

New Pattern:

✦✦ _____

✦ **OBJECT #3**

Object:

New Pattern:

✦✦ _____

✦ **OBJECT #4**

Object:

New Pattern:

✦✦ _____

OBJECT #5

Object:

New Pattern:



BONUS CHALLENGE

Find ONE object that reminds you:

“There’s no need to criticize myself to grow.”

Then explain WHY you chose it.

Brain-Ready Reminder

Sometimes the problem is NOT who we are...

It’s the meaning we learned to attach to ourselves.

And meanings can change. 