

## **...NOT MY NAME ~ Changing mindset through poetry!**

**Read the poem, then fill in the interactive worksheet below to help change your mindset about something!**

Hesitation is not My Name  
~*after Ross Gay*

There is no magic “right choice.”

After every choice I make  
I am still alive, Steve Harvey style.  
I will use that choice to go on living.

If I wear the “wrong” kind of shoes today,  
and someone decides I’m snobby,  
I can use that assumption to fuel kindness.

If a Facebook post leads  
to lost friends, it also leaves  
an opening for new ones.

If eating ice cream causes me to gain a few pounds,  
I can lay aside my body judgments  
and become an advocate for self love.

And I can shatter my new name  
– Freedom –  
into tiny sparkles;  
fling them over my shoulders  
on my way down.

~[Kelly Hanwright](#)

**1. Title:**

is not my Name

**2. Opening:**

What is a mindset you often find yourself stuck in that you'd like to change? Write a sentence affirming the opposite:

**3. Body:**

a) Write 1 sentence that gives example scenarios of bad things happening that you associate with the mindset. (Ex: If I wear high heels, I will be perceived as snobby.)

b) Now, pair that with a sentence that flips the worry on its head. (ie., Why is it okay, or even good if the "bad" thing happens?)

\*Repeat this process 3 times.

a)

b)

a)

b)

a)

b)

4. Conclusion The essence of the opposite mindset is your new name! (ie., "Freedom") Write it here!

**Congratulations! You just wrote a poem to change your mindset! Tweak as needed. :)**