



A PENNY  for Your THOUGHTS



THE GOOD AND THE BEAUTIFUL LIBRARY

By Tyler Mattson



It was the first day of choir camp, and Tilly felt weird. Her toes couldn't stop tapping, her stomach was twisting in knots, and her cheeks were growing warmer by the minute.

As she sat eating her breakfast, her mother quickly noticed something was off. "What's wrong, Tilly?" Mom asked.

Tilly sighed, "Nothing."

"Are you sure, honey? You've barely touched your waffles."

"I'm not really hungry," Tilly said quietly.

When Tilly got to camp, the feeling she had had at breakfast kept growing bigger. She couldn't focus on any of her songs, and a million thoughts were racing through her head all day.

What if I sing the wrong words?

(Perfectionism)

Who am I going to eat lunch with?

(Social issues)





*She's a much better singer than I am.
(Self-esteem)*

*I hope they don't ask me to sing a solo.
(Pressure to please others)*

*What if I don't fit in?
(Overthinking)*

By the end of the day, Tilly was exhausted. Choir camp was completely stressful, and she did not want to go back.

Relieved to be home, Tilly took off her shoes, placed her music by the piano, and headed for her bedroom.

“How was the first day, honey?” Mom called from the kitchen.

“It was fine,” Tilly said as she made her way upstairs.





When she was finally in the privacy of her own room, Tilly dropped to the bed and started to cry. She cried tears of sadness, frustration, and fear. She wanted to be excited about choir, make friends, have fun, and sing songs, but she really didn't think those things were possible. Tilly felt totally defeated.

After a few minutes of crying, she heard a soft knock on the door. Her mom came into her room and sat down on the bed next to her. She gave Tilly a tight hug then reached into her pocket and pulled out a shiny, new penny.

“A penny for your thoughts?” she asked.





Again, Tilly started to cry.
“I just can’t do it, Mom,” she said. “Choir camp is so different this year.”
Tilly sniffled and wiped her tears.
“I know, Tilly,” Mom replied. “Let’s talk about it. Why don’t you tell me what happened today?”

“I’m sorry you had such a hard day, Tilly,” Mom said. “But I think we can solve all of these problems by setting a few goals. It’s up to you, though—what do you think?”

Tilly smiled for what felt like the first time all day.

“I’ll try anything,” she said.

The two of them said a prayer together and then got to work talking, laughing, and learning. When it was time for bed, Tilly was actually excited for choir camp the next day.





Perfectionism, overthinking, low self-esteem, and pressure to please others—Tilly experiences all these thoughts during her first day at choir camp. She wonders if she should even go to camp at all. However, with the help of her mom, Tilly decides to make some goals so she can work through the stress she’s experiencing. It’s hard at first, but Tilly learns just how powerful her mind can be.

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