

## CHICKEN SOUP FOR THE SOUL – Story Callouts

**Cats** - The deadline date for submissions is May 30, 2022.

Our cat books are so popular that we do a new one every other year. Our feline friends make us smile every day with their crazy antics, their loving companionship, and their amazing intuition. Share your story about the member of your family who just happens to walk on four feet... your cat!

We want your true funny stories, your heartwarming stories, and your mindboggling stories about all the simply amazing things that your cat does. What have you learned from your cat? How does your cat improve your life? What crazy things does your cat do? Has your cat ever done anything heroic? How does your cat warm your heart and make you smile? We want to hear all about the absurd antics, funny habits and insightful behavior of your cat.

**Dogs** - The deadline for submissions is MAY 30, 2022.

Our dog books are so popular that we do a new one every other year. Our canine friends make us smile every day with their crazy antics, their loving companionship, and their amazing intuition. Share your story about the member of your family who just happens to walk on four feet... your dog!

We want your true funny stories, your heartwarming stories, and your mindboggling stories about all the simply amazing things that your dog does. What have you learned from your dog? How does your dog improve your life? What crazy things does your dog do? Has your dog ever done anything heroic? How does your dog warm your heart and make you smile? We want to hear all about the absurd antics, funny habits and insightful behavior of your dog. Stories can be serious or humorous.

**How stepping outside my comfort zone changed me** - The deadline for submissions is JULY 31, 2022.

We all have a tendency to get in a rut. We start to say no to new things, and that can lead to a narrower and narrower life. When we try new things, we end up feeling energized and pleased with ourselves. There is tremendous power in saying “yes” to new things, places, and experiences. It makes you feel more dynamic, younger, and more of a participant in the world. You’re not distancing yourself from change any more. Tell us your own stories about stepping outside your comfort zone and how that changed your life. We know you’ll think of many more topics, but here are some suggestions to get your creative juices flowing:

- Meeting new people
- Eating a food you didn’t think you would like
- Doing something that you were afraid of
- How doing something new made you feel
- Trying a new volunteer activity
- Picking up a different kind of book
- Overcoming agoraphobia or other fears
- What it was like to stay stuck in a rut and not try new things
- Epiphanies and prompts – what caused you to try new things
- Convincing a friend or family member to do something that made them step outside their own comfort zone
- Advice on how to get yourself to step outside your comfort zone
- What new things/places/foods/activities you are planning for the future
- Watching television channels you never saw before
- Trying new things on your computer or phone and on the Internet
- How trying new things affected your marriage/relationship with your children or other family members
- Trying a new church or other place of worship/joining a new congregation
- Wearing different kinds of clothing
- Traveling to new places
- Trying a new sport or activity
- Switching careers
- Going to a different kind of movie
- Shopping at a different grocery store
- Trying new technology/appliances

**The advice that changed my life** - The deadline for submissions is JULY 31, 2022.

Have you ever read a Chicken Soup for the Soul story that had a wonderful piece of advice in it that made a difference in your life? Have you ever watched a movie or read an article that really had an impact on you that you haven't been able to forget? Do you have a friend or family member who gave you some advice that you didn't necessarily want to hear but really needed to hear that stuck with you and directed you to make positive changes in your life?

We are looking for stories that contain a great piece of advice that you were given or advice that you gave to someone else. Whether the advice is about a little thing that improve your everyday life, or major epiphanies that can change a life completely, we want to hear about them and how they made a difference.

Here are some topics we can suggest but there are many more that we know you can think of:

- Career choices or changes
- Personal relationships – family or friends
- Parenting
- School
- Travel
- Moving to a new place
- Buying or selling your house
- Setting priorities
- Health and fitness
- Finances
- Taking chances
- Co-dependence and tough love
- Following your passion
- Taking risks
- Trying new things
- Simplifying your life
- Using gratitude
- Forgiving someone... or yourself

**The power of positive thinking** - The deadline for submission is JULY 31, 2022.

We know that using the power of positive thinking helps you to achieve your goals and lead a happy, purposeful, and productive life. Almost anything is possible if you think you can. You can dream big, overcome challenges, create the best life possible for yourself, and turn adversity into opportunity.

How did you “think positive” and how did it change your life? Tell us your success story about using the power of positive thinking!

Here are some suggested topics but we know you can think of many more:

- How attitude has made a difference for you
- Have you used the fake it till you make it strategy?
- Turning negative thoughts into positive thoughts
- Using humor to improve your life
- How gratitude helped you achieve your goals
- How you used the power of forgiveness
- How you pursued your passion
- How you found purpose in your life
- What changes you made to create the best possible life for yourself and for your family
- Ways you can actively practice using positive thinking to improve your life
- Tell us about a role model who showed you how to “think positive”
- Using forgiveness to put the past in the past and find your way forward
- Powering through health challenges through positive thinking
- The unexpected benefits of challenges
- Putting things in perspective
- Counting your blessings
- Silver linings that you have discovered
- Appreciating the simple pleasures
- The best advice/wise words