

My Personal Well-being Plan

My Best Self/Things I like doing



My Most 'On Edge' Self/Things I don't enjoy



What are the benefits of looking after myself?

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What are the triggers/risks to my wellbeing?

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Draw round your hand and write something that grounds you on each finger

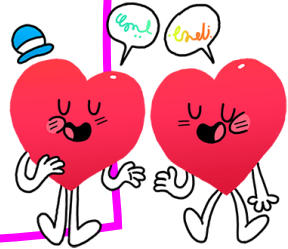
Things that support me

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People support me

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What are my favourite memories/moments?

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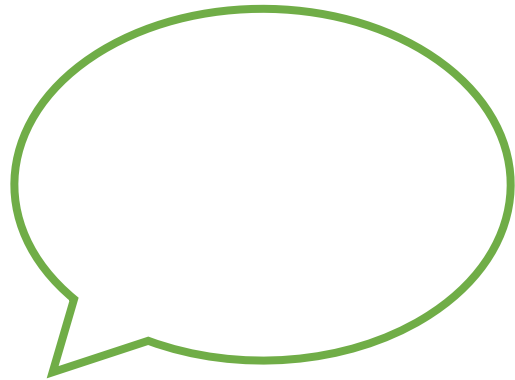
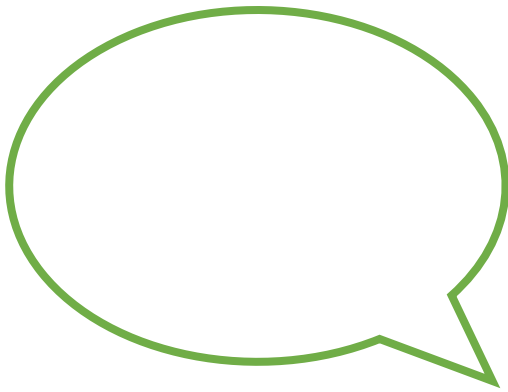


What makes me laugh?

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What positive self-talk could I use when things are tough?



My Self-Care Intention of what I will try every:

Day

Month

Year

Signed _____ Date _____