

Create Your Plan

My Current Desired Feelings Are:

(e.g. To reduce anxiety and manage intermittent dizziness)

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The Tools/Strategies I Am Using to Reach My Desired Feelings Are:

(e.g. Stillness, movement, emotional support)

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The Challenges or Obstacles I Currently Face Are:

(e.g. I don't know where to start or who to talk to)

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Daily Actions I Will Take to Reach My Goals:

(e.g. I will practise finding steadiness eyes closed standing 3 x a day)

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The People On My Support Team Are:

(e.g. People who do not judge me or try to "fix" me, they listen)

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Feeling stuck? Reach out and find support. We are on your team.

Build upon your plan in gentle steps.