

Create Your Plan

My Current Desired Feelings Are:

(e.g. To feel calm, prepared, resourceful, athletic, steady, inner peace...)

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

(e.g. Try one of the Bonus Audios each day and find what feels best)

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The Challenges or Obstacles I Currently Face Are:

(e.g. I don't know where to start or what is best for me)

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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. **Feel** what works for you.