



Me and my life

Reflect on your experience, relationship and day to day life

Me and my life

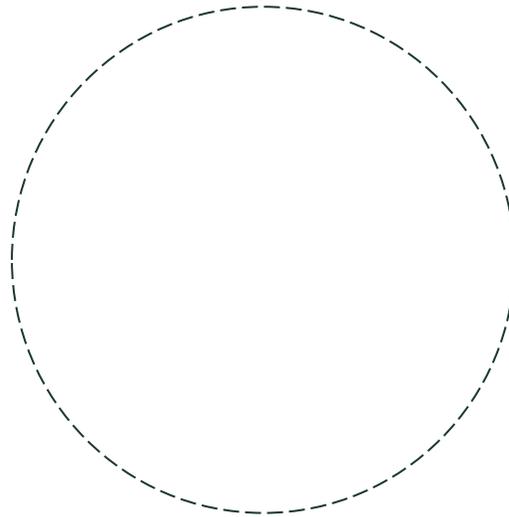
Who am I?	3
My Story	5
My strengths and skills	7
My support network	9
My Week	11



Who am I?

What roles do you take on?

What makes you, you?





Who am I?

When to use this tool

- To think about who you are and what you have to offer
- To help others understand you better

How would you use this tool

1. **Draw a picture of yourself** in the middle of the page
2. Around the picture, write or draw all **the roles you take on** one side of the picture
3. On the other side of the picture, write or draw all of your **unique characteristics**

ME AND MY LIFE

Who am I?

What roles do you take on?

- A colleague
- A partner
- A friend
- A boss
- A carer

What makes you, you?

- Good at bad jokes
- A superb baker
- Cleaning and organising
- Sensitive
- Making others feel loved
- Building things
- Creative
- Very thoughtful
- Love of plants
- Fixing things

3



My story

What is the journey you have travelled so far?
What has brought you here?

+

-

A large, empty rectangular box with rounded corners, intended for writing a story. It features a vertical line on the left side, with a plus sign at the top and a minus sign at the bottom, suggesting a scrollable text area.



My story

When to use this tool

- To reflect on your story and the key events that have happened to you.
- To share your story with others.

How would you use this tool

Write or draw your story in whichever way feels most appropriate to you. This could focus on your whole life, or just part of your life.

It is up to you how you write it or tell it.

Page 1 of 2 ME AND MY LIFE

My story

What is the journey you have travelled so far?
What has brought you here?

+

You can write or draw your story

Share your story in a way that makes sense to you

-

5



My strengths and skills

What are your **strengths, gifts and passions**?

What are the skills you have - the things you know how to do **well**?





My strengths and skills

When to use this tool

To think about what strengths and skills you can bring to the table

How would you use this tool

Write down or draw the different strengths and skills you have. Some examples are given on this card.

Page 1 of 2

ME AND MY LIFE

My strengths and skills

What are your **strengths, gifts and passions?**

Happy	Full of laughter	Optimistic
Adventurous	Generous	Patient
Loving	Good listener	Practical
Caring	Hard-working	Positive
Confident	Helpful	Resourceful
Creative	Honest	Strong
Compassionate	Encouraging	Sympathetic
Courageous	Imaginative	Selfless
Curious	Insightful	Spontaneous
Supportive	Interesting	Thoughtful
Dependable	Full of knowledge	Trustworthy
Easy going	Joyful	Wise
Energetic	Kind	
Fun	Likeable	
Friendly	Loyal	
Inclusive	Motivating	
Forgiving	Open-minded	

What are the skills you have - the things you know how to do **well?**

Caring for others	Arts and crafts
Using a forklift	Hairdressing
Carpentry skills	Driving
Writing reports	Organising parties
Filling out forms	Car repairs
Making a budget	Making others feel nice
General household cleaning,	Writing poetry
Keeping records of my activities	
Interviewing people	
Fashion advice	
Put people at ease	
Selling	
Singing	
Playing an instrument	
Cooking for large numbers	

7





My support network

Who are the people who make up your support network?



Who **understands you** the best?

Who **helps you** out? Who **do you help** out?

Who would you like to spend more time with?

Who could help you with your goals?





My support network

When to use this tool

- To think about who you would like to spend more time with.
- To identify who might be able to help with your goals.
- To help your key worker understand who is important to you.

How would you use this tool

1. Using the diagram, write or draw the people in your network on it, positioning them in the relevant circles. This could be friends, family, staff or others in your community.
2. Use the questions to think about how you could use your network to increase your support. Choose one person to start with and think about the support they might offer, and how you could ask them to help.
3. Repeat the questions with other people in your network. Continue as long as you would like to.

Page 1 of 2

ME AND MY LIFE

My support network

Who are the people who make up your support network?

Who **understands you** the best?

My brother, he always knows what to say when things are tricky

Who **helps you** out? Who **do you help** out?

My neighbour, she always checks in on me when she hasn't seen me

Who would you like to spend more time with?

My friend from school, he always lifts my mood

Who could help you with your goals?

My Wellbeing coach, she can help me to find more things I can do and people I can spend time with

9



My week

Write down what you do and when.
Use last week as an example - it is always easier to remember.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
PM							

Which are your **favourite** moments?

Which are the **most stressful** moments?





My week

When to use this tool

- To think about the things in your life that are going well and the things that could be even better
- If there is a new activity you would like to add to your week you can use this tool to think about how and when you will fit it in

How would you use this tool

1. Map out the activities you do on a usual week - use last week as an example. You do not need to map every detail - but can include the parts that are important to you.
2. Look across your week and pull out your favourite moments and your most stressful moments.
3. Think about the reasons for the highs and lows. What can make things enjoyable or stressful for you?

Page 1 of 2

ME AND MY LIFE 

My week

Write down what you do and when.
Use last week as an example - it is always easier to remember.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	<i>Clean the house and prepare for the week</i>	<i>Go to work</i>	<i>School run</i>	<i>Go to work</i>		<i>Volunteering</i>	
PM	<i>Counselling</i>		<i>Dog walking</i>			<i>Counselling</i>	<i>Visit Dad</i>

Which are your **favourite** moments?

Volunteering, I really love the community of people and it is nice to know I am making a difference

Which are the **most stressful** moments?

Getting ready for work after my counselling sessions, I always find my energy is low



11