

# 23: My Plan

What things do I like?



POSITIVITEA

What am I excited about?



What am I worried about?



For each worry:  
Is it in my control?

**YES!**

Continue to next page

**NO!**

Let it float away...

Remember to be kind to yourself, you're doing the best you can!





# 24: My Plan



What steps can I take to reduce my worry?

When can I take these steps?



Which tools from this toolkit might be helpful?



Who can support me?



You're not alone...  
This is a stressful time  
for lots of people  
You can get there!

