

All About Me

Your voice matters

Use this page to share what feels important to you today. You can write as much or as little as you want.

1 What I would like you to know about me

2 What is going well for me right now?

3 What has been difficult lately?

4 What would help me most at the moment?

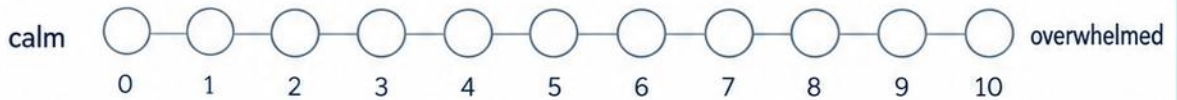
5 Anything else I want to say

Feelings Thermometer

Notice how strong the feeling is today

Use the scale and prompts below to describe how things feel for you at the moment.

1 How strong is the feeling right now?



2 What am I feeling?

3 What seems to make the feeling stronger?

4 What helps bring the feeling down?

5 Who could support me with this?

My Worries

What is on my mind right now

Use this page to name your worries and think about what might help.

1 What am I worried about?

2 How big does each worry feel?

Write your worries below and circle a number to show how big each one feels right now.

	small	1	2	3	4	5	very big
	small	1	2	3	4	5	very big
	small	1	2	3	4	5	very big

3 What is the hardest part about this?

4 What might help with these worries?

5 Who could I talk to?

What Helps Me Feel Safe

Thinking about safety, support and what works for me

Use this page to think about the people, places and actions that help you feel safer.

1 People I feel safe with

2 Places where I feel safer

3 Things that help when I start to feel unsafe or unsettled

4 Signs that I might need support

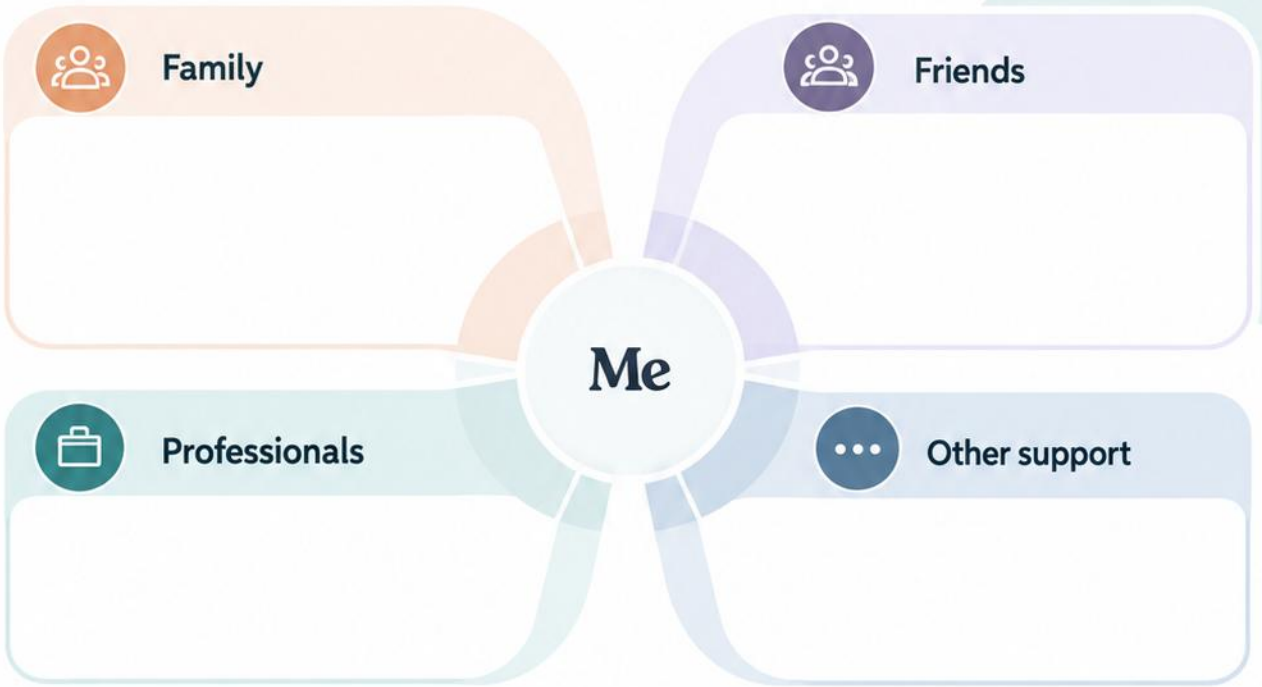
5 What I would like adults to do if I am struggling

6 Important contact or support details

My Support Network

Who is in my corner

Use this page to map the people and services that support you.



1 Who I would contact first

2 Who helps in different ways

3 Who I would like more support from

My Wishes and Feelings

What I want adults to understand

Use this page to explain what matters to you and what you would like to happen.

1 What I want people to know about my situation

2 What I would like to happen next

3 What I do not want

4 What would make the biggest difference for me right now

5 Anything else I want to say

My Journey So Far

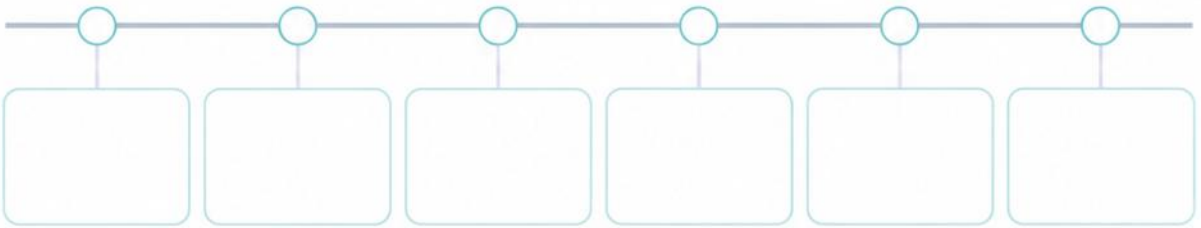
Important moments, changes and what they mean to me

Use the timeline and prompts below to think about your journey so far.

1

Key moments in my journey

Add 5 or 6 important moments. These could be positive or difficult, big or small.



A horizontal timeline with six circular markers. Below each marker is a rectangular box for writing.

2

Important things that have shaped me

Think about people, experiences, places or opportunities that have influenced who you are.



A large empty rectangular box for writing.

3

Challenges I have got through

What has been difficult for you? How did you manage it? What helped?



A large empty rectangular box for writing.

4

What I have learned about myself

What have these experiences taught you? What do you know about yourself now?



A large empty rectangular box for writing.

5

What I want the next part of my journey to look like

What are you hoping for? What would you like to achieve, explore or be different?



A large empty rectangular box for writing.

People Who Matter

Who is important in my life

Use this page to think about the people who matter to you and the part they play in your life.

1 Name or role

Why this person matters

How they support me

2 Name or role

Why this person matters

How they support me

3 Name or role

Why this person matters

How they support me

4 Name or role

Why this person matters

How they support me

5 Name or role

Why this person matters

How they support me

6 Name or role

Why this person matters

How they support me

7 Are there relationships I want to strengthen, repair or understand better?

Since We Last Met

A check-in since our last conversation

Use this page to reflect on what has happened since we last met and what feels important today.

1 What has happened since we last met?

2 What has gone well?

3 What has been difficult?

4 What support have I had?

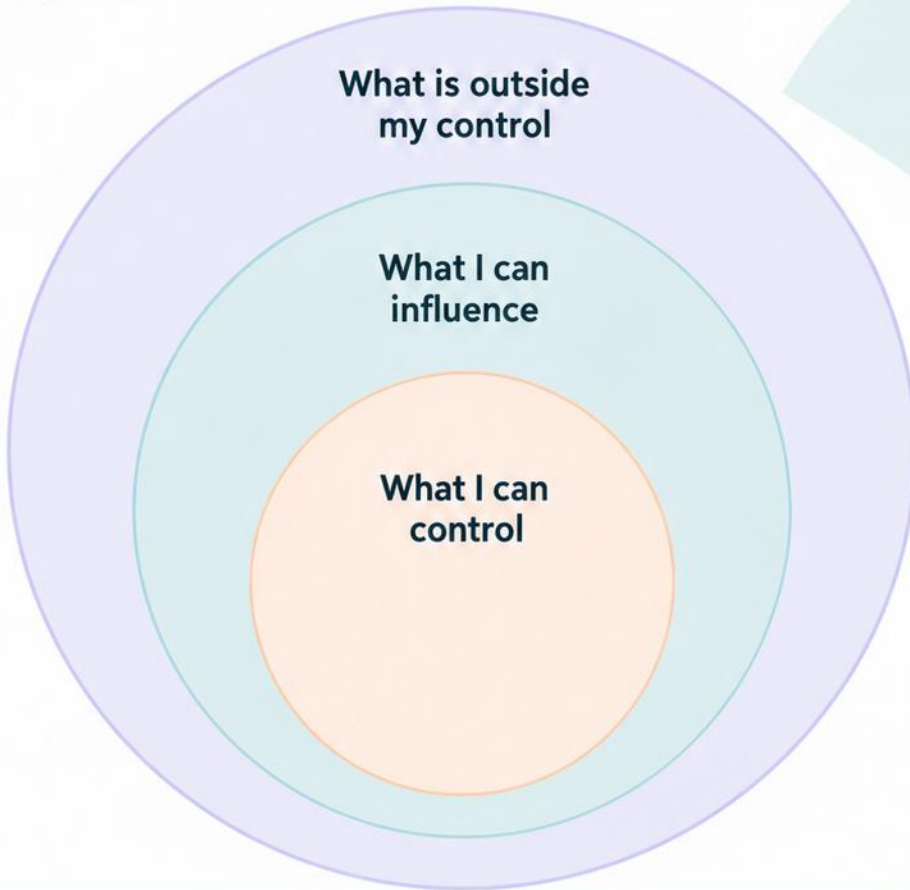
5 What do I need now?

6 What I want to talk about today

My Circle of Control

Sorting what I can control, influence or let go

Use the circles and prompts below to think about where your energy might be best used right now.



1 What helps when something feels outside my control

2 One next step I can take