

My preparation:

Have you practiced and tried things out with your worker?

YES / NO Comments

Do you have everything you need?

YES / NO Comments

Do you know what might get in the way?

YES / NO Comments

How will you make a note when you have a go?

YES / NO Comments

My action is:

I'm going to reward myself by:

I know I can do it because:

TOP TIPS:

- It's important to reward yourself!
- Your practitioner is here to support you
- Note down what happens when you try it out so you can remember

The help I will get is:

Practitioner:

Family & friends:

The outcome will be:

Good Luck!