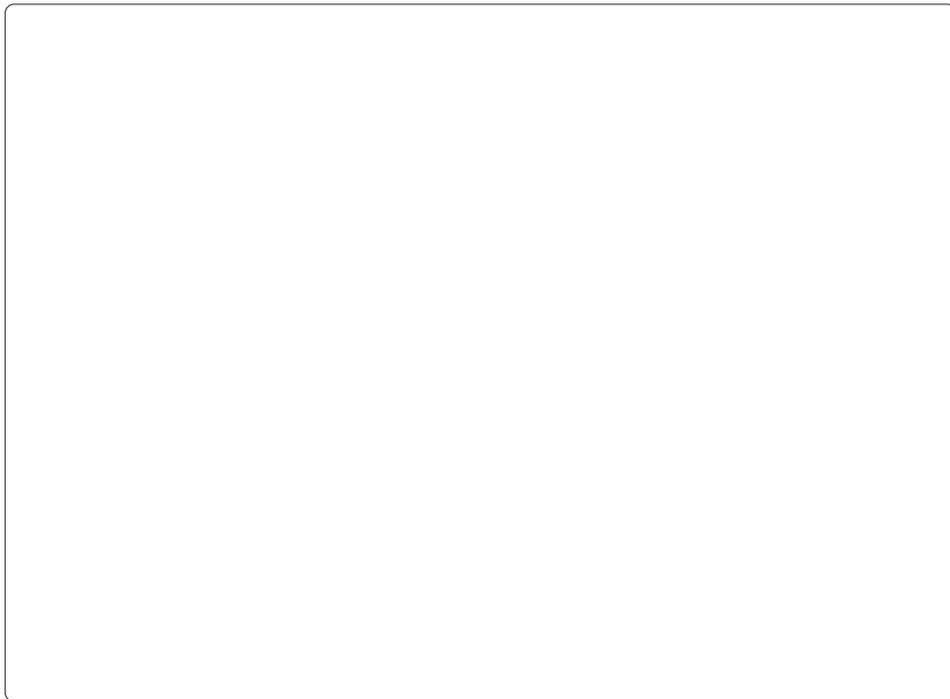


# Your story.

This activity is all about you.  
It will help you to visualise your story of  
mental wellness and everyday activities.

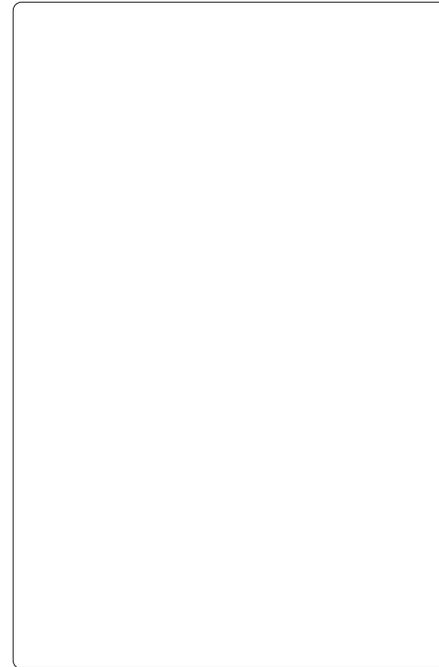
**Kia ora, this is me.**



*(draw yourself)*

## care mode

Sometimes, when I need to regroup or  
recentre myself I like to .....



*(draw your preferred environment)*

and it can be good to be with

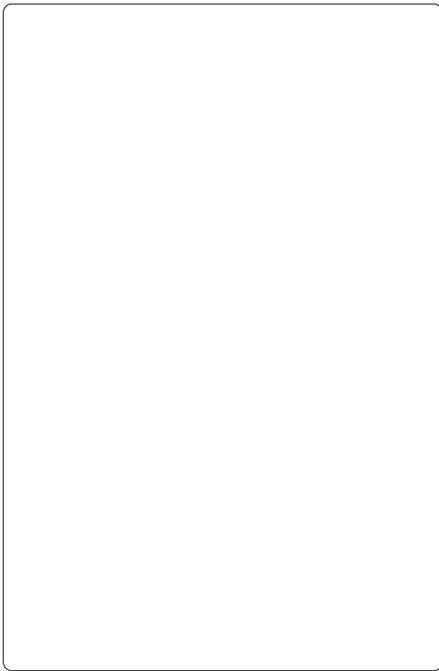
.....  
.....



*(draw the person or people who can help)*

The best place for this is .....

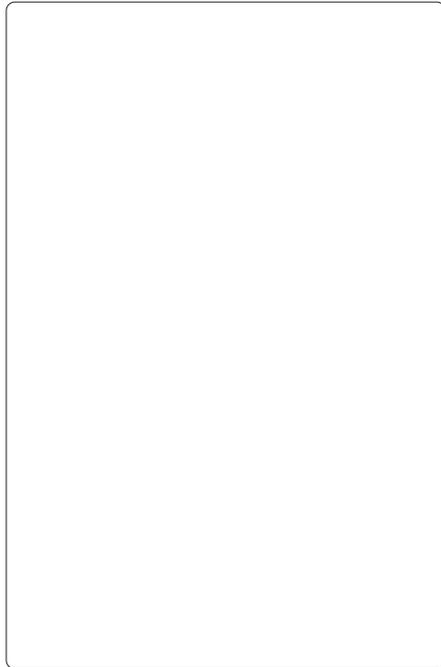
*(draw an activity)*



(draw an activity)

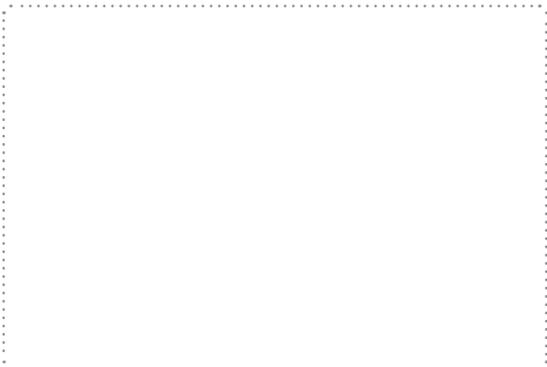
## take-it- **slow mode**

On slower days, to give me a sense of accomplishment, I try to.....



(draw the preferred environment)

The best place for this is .....



(draw the person or people who can help)

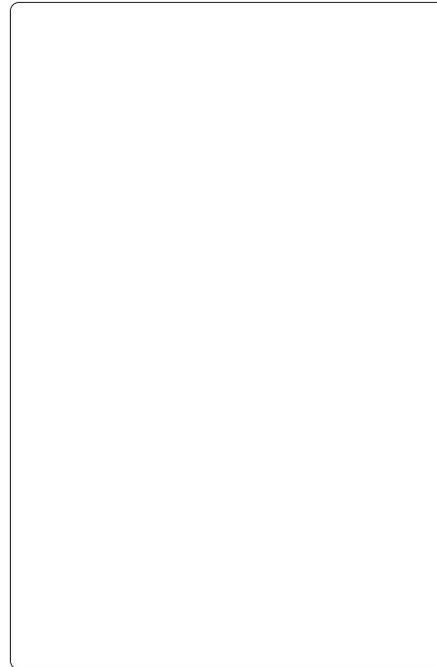
(if anyone)

It can help to be with

.....  
.....

## in- **sync mode**

To give me a sense of routine and rhythm, ..... is important.

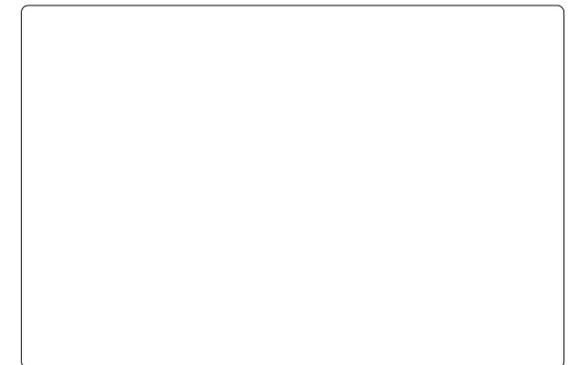


(draw the environment)

The best place for this is .....

It can be good to be around

.....  
.....



(draw the person or people who can help)

# my **flow mode**

I feel most in my element when I

.....



*(draw an activity)*



The best place for this is .....

.....

*(draw the environment)*

*(if anyone)*

It can help to be with

.....

.....



*(draw the person or people who can help)*

# A great balance for me could look like

*(draw something you need frequently in your life)*

lots of .....

.....



*(draw something you want to do sometimes)*



some .....

.....

.....

*(draw something you would like to do occasionally)*

and sometimes

.....

.....

