

# Tip 1. get in to life

## Doing 'stuff' matters, because it:

- gives me confidence
- gives me energy
- gives me motivation.

## How can I do more 'stuff'?

### I can:

- make a list of things I enjoy doing or things I want to do
- set goals that feel easy  
(I will go for a short walk with my friend)
- make a plan  
(I will go for a short walk with my friend on Saturday)
- stick with my plan  
(I will go for a short walk with my friend on Saturday even if it rains)
- think about how it made me feel  
(walking with my friend makes me feel calm)
- be kind to myself and give myself time to get better at new things.



“I know that doing things I enjoy - such as reading, listening to music, going out in nature - helps lift my mood. It gives me a chance to get out of my own head for a while.”

**Alessandra**

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Some things I enjoy doing are:

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This week I want to do:

Mon	Tues	Wed	Thu	Fri	Sat	Sun

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When I do things I enjoy, I feel: