|  |  |  |  |
| --- | --- | --- | --- |
| **To move on my next steps are** | **What do I need to do next?** | **What help do I need from others to do this ?** | **When do I want to achieve this by ?** |
| 1. |  |  |  |
| 2. |  |  |  |
| 3. |  |  |  |
| 4. |  |  |  |

Something that causes me stress is ……

I can do to manage the stress

Things I have control over are …..

Things I can influence are ……

My important skills are …..

My best personality traits are ……….