

IDENTIFY YOUR TRIGGERS

If you had a broken leg you'd get help. If we have a challenge with our mind we need to seek and get that same help.

See for yourself how daily life affects how you think, feel and act.



STEP #1: Be honest with yourself

- Write what's really making you worry
- What you write is for your eyes only

STEP #2: Revisit regularly

- Fill out a new sheet on a regular basis
- Track progress by looking over old worksheets

STEP #3: Buddy Up

- If comfortable, share contents with a mate
- Becoming accountable to someone fast tracks success

What is new or different in your life?	What happened?	How does it make you feel?	Next steps:
Myself:			1.
			2.
My Family:			1.
			2.
My Development: (Education, training, employment)			1.
			2.