

I am ME – Motivation and the importance of I

Get further information or support

<p>SKILLS YOU NEED</p> 	<p>Develop the skills you need for life. Ideas to support personal skills, learning skills, communication skills, leadership skills as well as writing and numeracy skills.</p>	<p>https://www.skillsyouneed.com/p/s/self-motivation.html</p>
<p>YOUNG MINDS</p> 	<p>Leading the fight for a future where all young minds are supported and empowered, whatever the challenges.</p>	<p>https://youngminds.org.uk/find-help/looking-after-yourself/</p>
<p>I AM IMPORTANT</p>  	<p>Motivational YouTube mantra that can be used daily to remind yourself how amazing you are 😊</p>	<p>https://www.youtube.com/watch?v=7I9BITV27Cs</p>
<p>HOW TO BE HAPPIER</p> 	<p>Six tips to help you be happier, more in control, and able to cope better with life's ups and downs.</p>	<p>https://www.nhs.uk/conditions/stress-anxiety-depression/feel-better-and-happy/</p>