

01 / MY FIVE LIFEGUARDS

Build your team BEFORE you need it. Choose five people you trust, including at least one trusted adult.

	PERSON / NAME	HOW I CAN REACH THEM
1		
2		
3		
4		
5		

Talk to your Lifeguards regularly. Ask how you can support them, too.

02 / MY GAS GAUGE

Rate each area of life from 0 to 10. This is your own check-in, not a test.

☐	PURPOSE Meaning, interests, and goals	/ 10
☐	PEOPLE & PETS Belonging and relationships	/ 10
☐	PLACE Home, school, and safe spaces	/ 10
☐	PROVISION Money, needs, and future	/ 10
☐	PHYSICAL Move, fuel, rest, and recovery	/ 10
☐	PSYCHOLOGICAL (incl. SPIRITUAL) Feelings, mindset, beliefs, and hope	/ 10
☐	PASTIMES & POSSESSIONS Play, hobbies, and things you enjoy	/ 10

MY OVERALL NUMBER TODAY: / 10

One area I want to refuel:

03 / THE DECISION PARADOX

Act while your options are wide. Waiting can be a decision, too.

PLAN

PREP

BRIEF

STEP

ACTION

CRISIS

One challenge I can address earlier:

My FIRST safe step:

04 / MY M.A.T.R.; PLAN

Check the actions you can use. Add one specific step for yourself under each letter.

M

MAINTAIN CONTROL

Breathe and get steady. Pause before reacting.

I can help myself settle by:

A

ANALYZE THE SITUATION

Identify the FACTS. Separate assumptions. Consider options.

The facts I need to check are:

T

TAKE IMMEDIATE ACTION

Take a safe, positive step. Reach out to a Lifeguard.

The Lifeguard I can reach out to is:

R

REFER TO YOUR PLAN

Use your plan and your people. Adjust when needed.

If my first step does not work, I will:

CONNECT. PLAN. THRIVE.

BECAUSE YOU MATTER, AND THE WORLD NEEDS YOU.