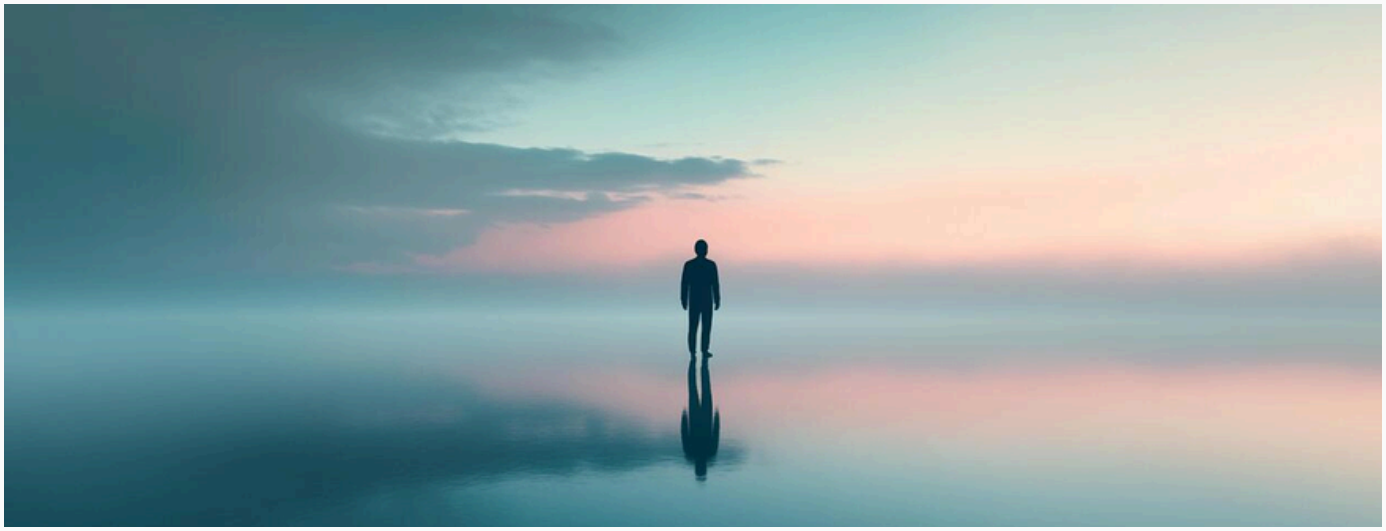
THE **SELF** DISCOVERY TOOLKIT

Feeling lost, stuck or without direction?

A free guided toolkit to help you reconnect with yourself, rediscover what matters and take positive steps towards a life that supports your mental wellbeing.



Four questions. One direction

Feeling lost and alone, with no meaning in life, can be one of the hardest parts of struggling with your mental health, it was for me.

You may also feel disconnected from the person you used to be. The things that once gave you confidence, enjoyment or a sense of purpose may have disappeared.

You might feel lonely, stuck or unsure of what you have to offer anymore. And when you're already struggling, trying to work out what comes next can feel overwhelming. I know this from my own experience with mental health challenges.

That's why I created The SELF Discovery Toolkit.

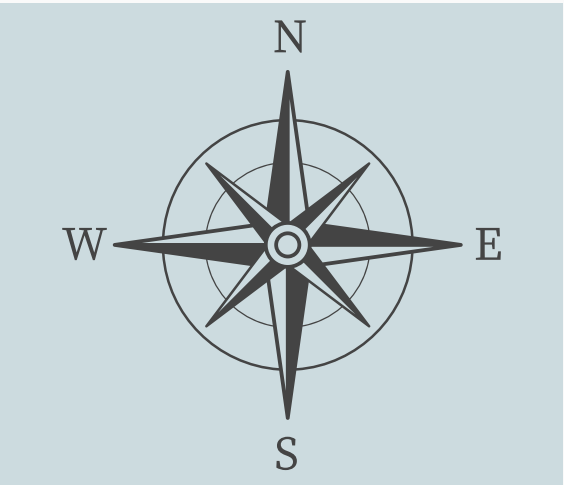
Not to give you all the answers, but to help you start finding your own.

Through four simple areas - SELF - **Spark, Ease, Lift and Fulfilment** - you'll explore what you enjoy, what comes naturally to you, what makes a positive difference to how you feel and what could bring greater meaning and purpose to your life.

You may rediscover things you've forgotten about yourself. You may recognise strengths you've stopped seeing. Or you may discover something new.

Whatever comes from it, the aim is simple:

To help you feel a little less lost and a little clearer about what could come next.



SPARK

What do I love?

When we're struggling mentally, the thing that bring us enjoyment can gradually disappear from our lives. We stop making time for them. Other things take priority. Life becomes about getting through the day, rather than enjoying it.

Spark is about about rediscovering what makes you feel good, interested, curious, energised and more like yourself.

Enjoyment matters to our mental wellbeing. The people, places, interests and experiences that bring something positive into our lives deserve our attention.

Explore your Spark

- Something that brings me joy?
- What activities make me lose track of time?
- What do I genuinely look forward to?
- What makes me smile or lifts my mood?
- What did I once love doing that has disappeared from my life?
- What could I happily spend hours learning, doing or talking about?
- What places or environments make me feel good?
- Who do I enjoy spending time with?
- What subjects, causes or ideas genuinely interest me?
- What small things make an ordinary better?
- What have I always wanted to try?
- If I could do anything, what would I love to do?



My Spark

- The main things that bring me enjoyment
- Things that make me feel most like myself
- People, places & experiences that lift me

The one thing I want more of in my life is:

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Look a little deeper

- What have I stopped doing that used to make me feel good?
- What do my answers have in common?
- What would I like to bring back into my life?

EASE

What am I naturally good at?

Struggling with our mental wellbeing can change the way we see ourselves. Our attention becomes drawn towards what isn't going well. What we can't manage. What we've got wrong. What we've lost. What everyone else seems to be doing better. Our internal dialogue negatively critiques our every decision

Ease shifts the focus towards what is already strong within you.

Your abilities extend far beyond qualifications, careers and achievements. Perhaps you're the person people turn to when they need to talk. You make people laugh. You're creative, practical, organised, compassionate or good at solving problems. Perhaps life itself has developed strenghts in you that no qualification ever could. Recognising those qualities can help build confidence, self-belief and a stronger sense of who you are.



Explore your Ease

- What comes naturally to me?
- What do other people regularly ask me for help with?
- What compliments do I tend to brush aside?
- What have I become good at through experience?
- What problems am I good at solving?
- What qualities have helped me through a difficult period.
- What am I proud of learning?
- What natural talent do I have?
- What would someone who knows me say I'm good at?
- Which qualities in myself deserve more recognition?

My Ease

- Things I'm naturally good at
- Qualities I value in myself
- Strengths other people see in me
- Strengths I've developed through my life experiences

Look a little deeper

- Which strengths have I been overlooking?
- When do I feel most capable or confident?
- Which strengths would I like to use more often?

One strength I want to recognise & use more of is:

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LIFT

How can I help others?

Connection and contribution can bring a powerful sense of value and meaning to our lives. Helping others can take many forms: listening to someone, sharing knowledge, volunteering, creating something useful, supporting a cause, helping a neighbour or using your own experience to make somebody else's path a little easier. Our experiences can also give us insight, empathy and understanding that become valuable to others.

Lift is about discovering where your strengths, experiences and interests could have a positive impact beyond yourself

Its also about connection - feeling part of something, knowing that what you bring has value and experiencing the positive effect of giving as well as receiving.

Explore your Lift

- Who do I naturally want to help?
- What issues or causes do I care about?
- What do people tend to come to me for?
- What have my own experiences taught me?
- What hae I learned that could make life easier for someone else?
- Where do I see a problem and instinctively want to help?
- What knowledge & skills could I share?
- What kind of contribution would feel meaningful to me?



My Lift

- People or causes I care about
- Things i could offer
- Experiences I've had that could help somebody else
- Ways I could contribute

Look a little deeper

- When have I felt I made a difference to somone?
- How did that make me feel?
- Where could I bring more connection or contribution into my life?

One way I'd like to make a positive difference is:

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FULFILMENT

What kind of life feels meaningful to me?

There is an important difference beween a successful life and a life that feels good to live. It's easy to measure our lives against familiar markers: career, money, relationships, possessions, status and achievement. Fulfilment askes a different question: **What actually matters to me?**

Your answer might include achievement and ambition. It could also include calm, connection, freedom, creativity, security, laughter, learning, family, friendship, nature, rest or having more control over your time. Understanding what matters to us helps us to make choices that support both the life we want and our mental wellbeing.

Imagine an ordinary Tuesday

Picture an ordinary day in a life that feels positive, balanced & meaningful to you. Imagine you living your perfect life that is exactly the way you want it to be.



- How would I feel when I wake up?
- Who would be part of my life?
- How would I spend my morning?
- What kind of work or activities would fill my time?
- How busy would I like my life to be?
- How much time would I have to myself?
- What would I make time for?
- Who would I spend time with?
- What would I want less of?
- What would I want more of?
- What boundaries would support me?
- What brings calm into my life?
- What gives me something to look forward to?
- What does *enough* look like to me?

One change that would make my everyday life feel better is:

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My Fulfilment

- I want more of:
- I want less of:
- I want to spend more of my time doing this:
- I want to feel:
- The people & relationships I want to prioritise are:
- The things I want to stop sacrificing are:
- The things that suppor my mental wellbeing are:

YOUR **SELF** MAP

Bringing everything together

You've explored four different parts of yourself, now look across your answers for patterns. What keeps appearing? What surprised you? What have you remembered about yourself? What have you realised has been missing? What seems to make a positive difference to how you feel?



SPARK

What brings me enjoyment, energy or interest?

1.

2.

3.

EASE

What strengths and talent do I naturally bring?

1.

2.

3.

LIFT

Where can I connect, contribute or help?

1.

2.

3.

FULFILMENT

What helps life feel meaningful and good to live?

1.

2.

3.

WHAT IS YOUR **SELF** MAP TELLING YOU?

Step back and look at the whole picture

Your answers can reveal connections between what you enjoy, what you're good at, where you can find connection and what you need from life to feel fulfilled.

Notice the connections

What appears more than once?	What do I want more of in life?
Which things bring out the best in me?	What do I want less of?
Which parts of myself have I lost touch with?	Where do my interests, strenghts & ability to contribute come together?
What has a positive effect on my mental wellbeing	What feels meaningful to me now?

MY MENTAL WELLBEING SNAPSHOT

Self-discovery becomes particularly valuable when we use it to understand what helps us feel well. Understanding yourself is powerful. Using that understanding to share your everyday life is where change begins. Look back at your SELF Map and choose a few small realistic actions for the week ahead. Gradually moving you towards the things that bring you more joy.

You may have started this toolkit feeling lost, disconnected or unsure what comes next. Now look at what you've uncovered. Perhaps you've rediscovered something you love. Recognised strengths you've stopped seeing in yourself. Realised how important is to you. Identified something missing in your life. See where your experiences could help somebody else. Or recognised that the life you want looks very different from the one you've been trying to create.

That awareness gives you somewhere to go next.

Positive mental wellbeing is supported by many different factors : how we care for ourselves, how we spend our time, our relationships & connections, the things that bring us enjoyment, our sense of meaning and the choices we make in life every day.

Your SELF Map gives you a personal picture of some of the things that matter to your wellbeing.
Keep it. Use it. Return to it.

MY NEXT 7 **DAYS**

SPARK	Something I'll make time for, because I enjoy it
EASE	aA strength I'll consciously use
LIFT	One way I'll connect, contribute or help
FULFILMENT	One choice I'll make that supports the life I want



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