



# Stepping Forward to Healing and Support

## 1. Breathe in the small things

*How*

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*By when or how often*

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## 2. Be my own advocate

*How*

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*By when or how often*

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## 3. Make time my friend

*How*

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*By when or how often*

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*“Individuals who write down their goals will have nine times the success of those who don’t put their goals on paper.” Jason Selk - Executive Toughness*

### Notes

1. **“Breathe in the small things”** is all about how important it is to embrace and be grateful for the small things in life e.g. taking a moment to notice the different colors of the summer flowers around you.

Think about **one** way that you could breathe in the small things in your life today! Make note of it on the front page, and by when or how often you will do it. e.g. I will sit in my garden each Friday morning for ten minutes and just be.

2. **“Be my own advocate”** is about being your own champion and standing up tall when things don’t seem right e.g. I will ask for a second opinion on ....

Think about one way in which you could be your own advocate today! Make note of it on the front page, and by when or how often.

3. **“Make time my friend”** means being accepting of time and not rushing things. We can still make progress, by taking one step at a time. e.g. I will take a ten minute walk each day (to support my body and mind without pushing too far!)

Think about one way that you could make time your friend today! Make note of it on the front page, by when or how often.

*With gratitude  
Claire*

Access the free Create your own Balance Wheel Handout at [www.twosteps.ca/ABTA2016](http://www.twosteps.ca/ABTA2016)

