



Welcome to...

Being Our Best Selves

We have designed a guide to help you start creating your own Best Self Journal. Led by Jess and Jack, our team leaders, we will explore simple and fun ways to look and feel better, by being more active and healthier in every way.

Why not use these pages to create a scrapbook? This is your own Best Self Journey so you can print these pages off, add your own ideas, notes and pictures. Even add more pages! We also have made a diary page and a sticker-style page for you to use and decorate your pages with. We would love to see your journals and ideas so please share them with us via social media or send them to julia@cultureshift.org.uk

- And look out for our next Best Self chapter!

#beingourbestselves

@cultureshiftcic

www.cultureshift.org.uk

You can see videos of Jess & Jack too by following the link on the pages!

This bulletin is created with the support from Eastbourne Town Council Disability Inclusion Fund & Sussex Crisis Fund at Sussex Community Foundation.



Hey everyone! We have made a challenge for you. The idea is that you have 2 tasks to complete everyday for the next 14 days.

Jack's set of tasks will be to get you moving and Jess' will be to get you thinking. The next couple of pages will help explain both tasks, so go ahead and take a look! We have also made a tracker sheet to help you keep a record of your progress every day. So what are you waiting for....

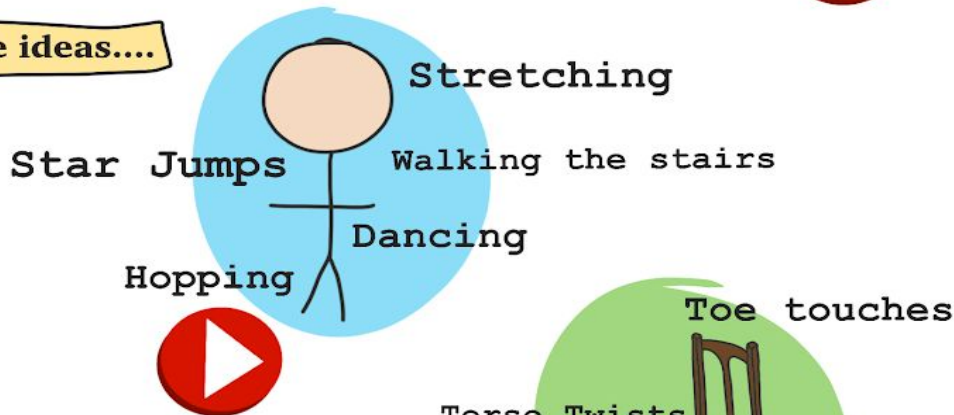
Good luck with your Fourteen in a Fortnight Challenge!

MOVING TASKS

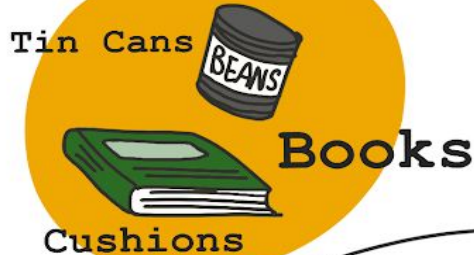
These tasks are to help you get moving every day and to hopefully help you build up to 14 minutes of movement after 2 weeks. Try 1 minute on the first day, then try adding 1 minute each day. Use the tracker down the side of this page to keep a record of how you get on!



Exercise ideas....



For exercises with weights...
use things at home!



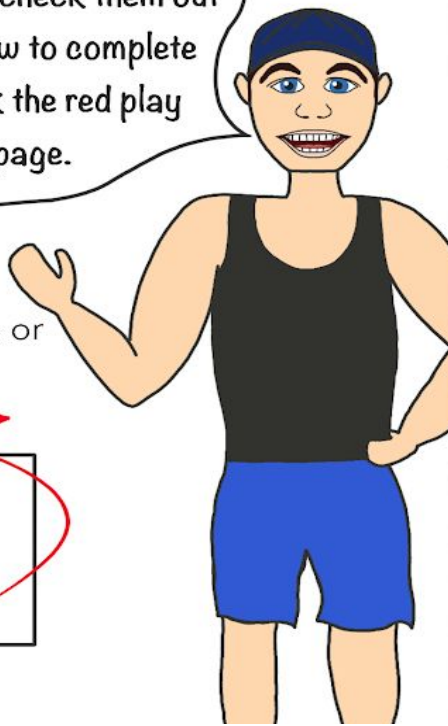
Good luck with your challenge!
I have made some videos so check them out
for some more ideas of how to complete
your challenge. Just click the red play
buttons on this page.

Using the tracker...

Tick here when
you complete it

Use this space to write or
draw what you did!

1.
☐



1.

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2.

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3.

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4.

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5.

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10.

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11.

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12.

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13.

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14.

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List the things that make you special...

Do some mindful colouring

See next page
for colouring template

List of the best things about this week...

Spend 1 minute outside

Sit and feel your heartbeat for 1 minute

List people who are there for you

Spend 1 minute writing about something that makes you special

List the nicest things you have said/done for others

List the things you are thankful for

Feel something in nature (eg. Grass) for 1 minute

TIP
Drawing your lists is just as great as writing!

List of the nicest things people have said to you

List of things you're looking forward to

Focus on your breathing for 1 minute

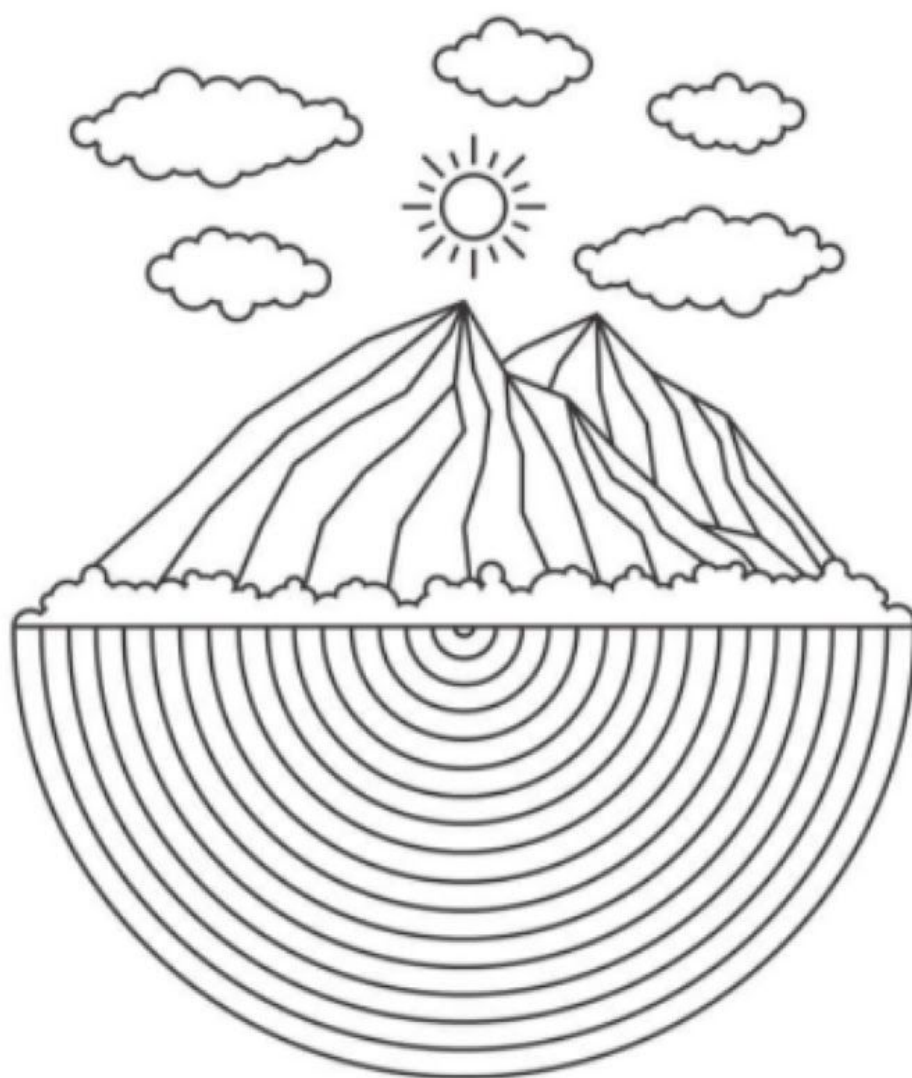
1 minute of stillness

These are my tasks for you and your mind. Try and make sure you have a few minutes to really focus on the set task and enjoy them!

THINKING TASKS

Here are a range of tasks to get you mind thinking in different ways. Pick a new one every day and tick it off when you have completed it. You could use your journal for the written tasks as they will be good to look back on and think about.





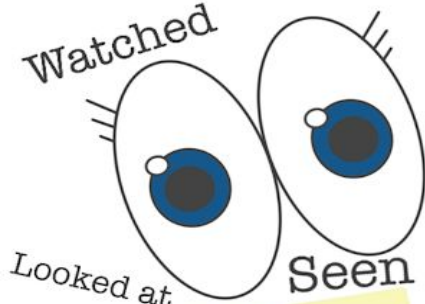
I will
SUCCEED!

Today in _____'s Life

○ + ○ + ○ = How I'm feeling today

I have...

Watched



Seen

Looked at

Sang to
Chatted with
Laughed about
Said



Heard
Listened to



I miss...

I miss...

I miss...

PERSON

But i look forward to...

WITH THEM

PLACE

But i look forward to...

WHEN I GO

ACTIVITY

But i look forward to...

AND HAVING FUN!