



My Best Self Journal



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

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

3 GREAT THINGS

This is an exercise to get you thinking positively about yourself. You need to write down 3 great things about you!

Hi everyone, Jess here!
I have made a video to help you with this. Check it out here... 

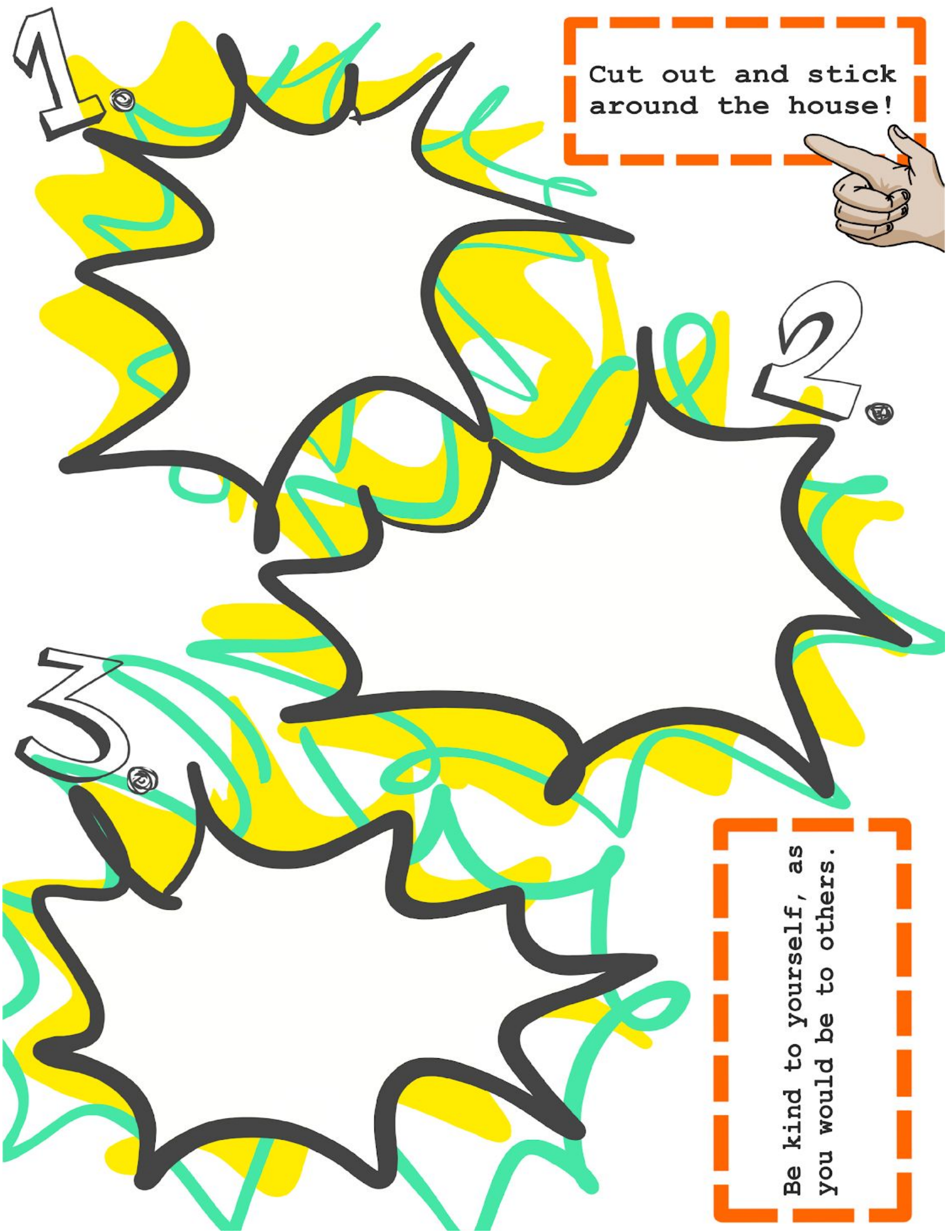
Think about what you are good at and what makes you individual. Use the next page to write them down, then also try saying them out loud to yourself in the mirror...



Cut out and stick
around the house!



Be kind to yourself, as
you would be to others.



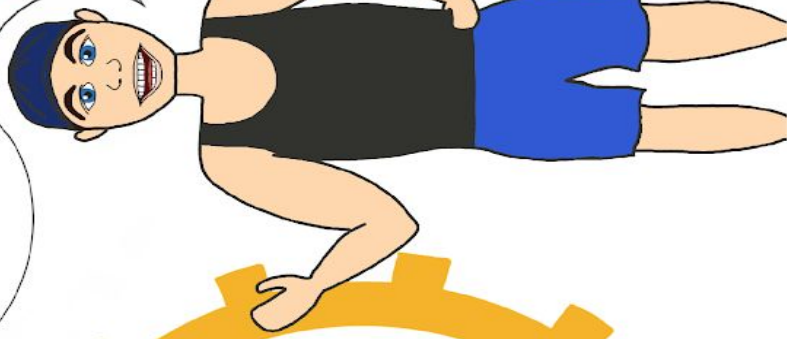
MOVING MOMENTS

What are they?

These are points in your day where you can fit in a few minutes of exercise or movement to get your body active. Being active is a great way to help your body and mind feel good!

Use the next page to jot down your ideas throughout the day!

Hey everyone, Jack here! Need some Moving Moment inspiration- check out my video.



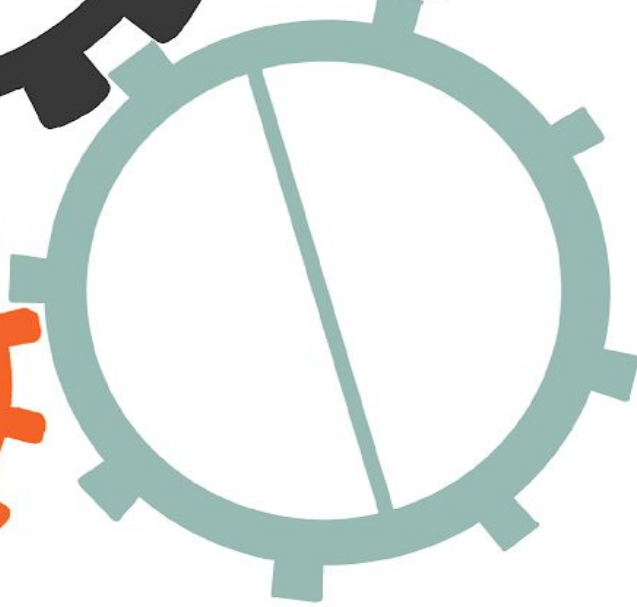
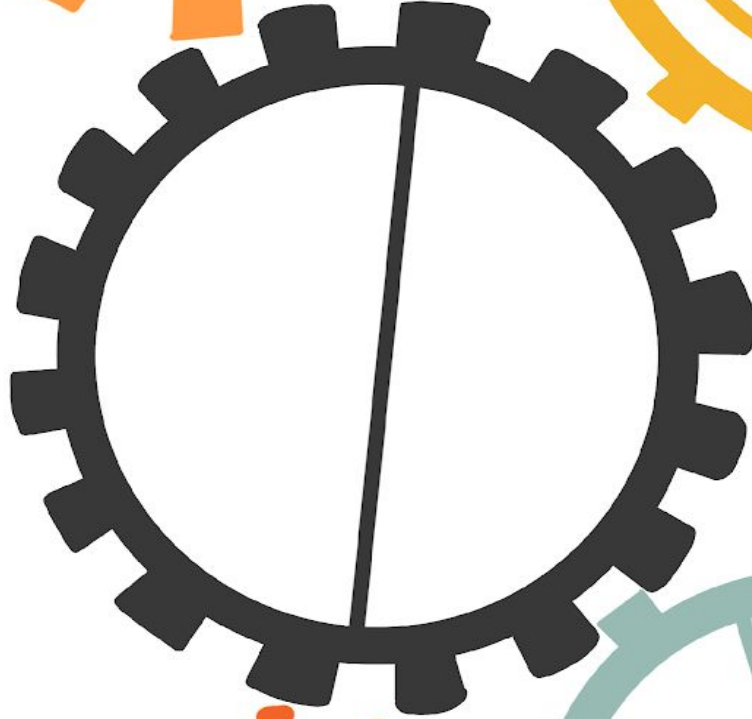
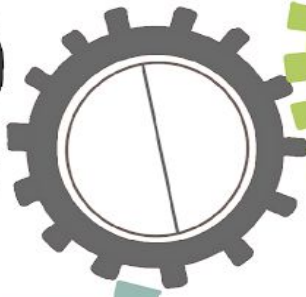
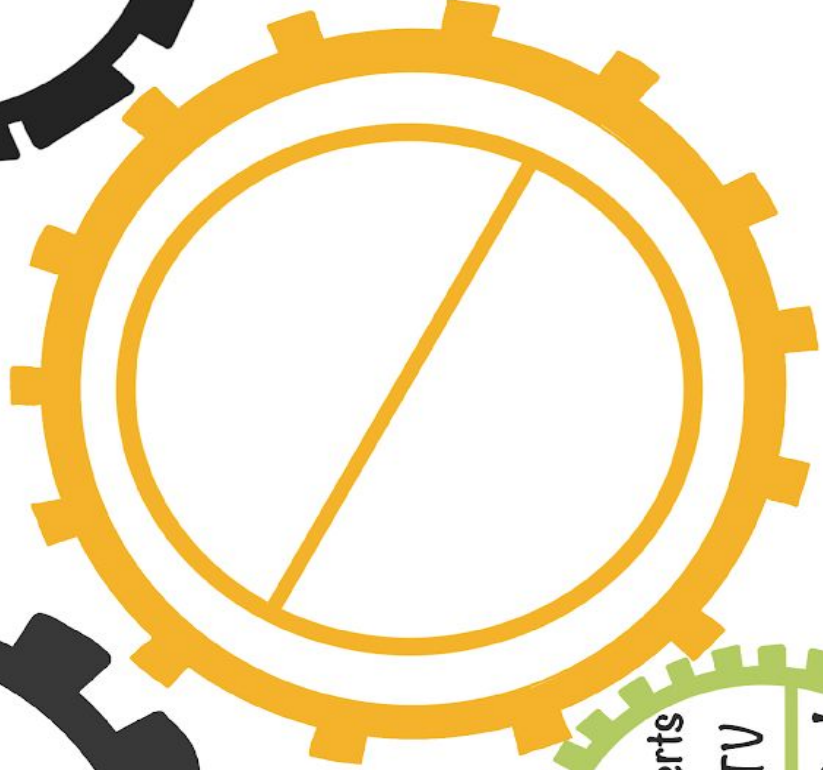
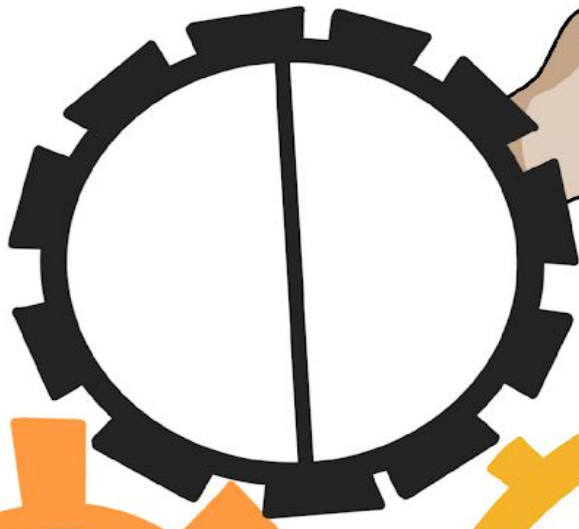
Any movement big or small is a great start! Focus on what you can do and build it up step by step.

GIVE IT A GO!

Try it today - Think about how you can mix up your routine by doing a little movement whilst completing a task. For example...boiling the kettle. While you wait for it to boil you could: do some stretches or star jumps!

A hand with the index finger pointing towards a scroll that says "Have fun!".

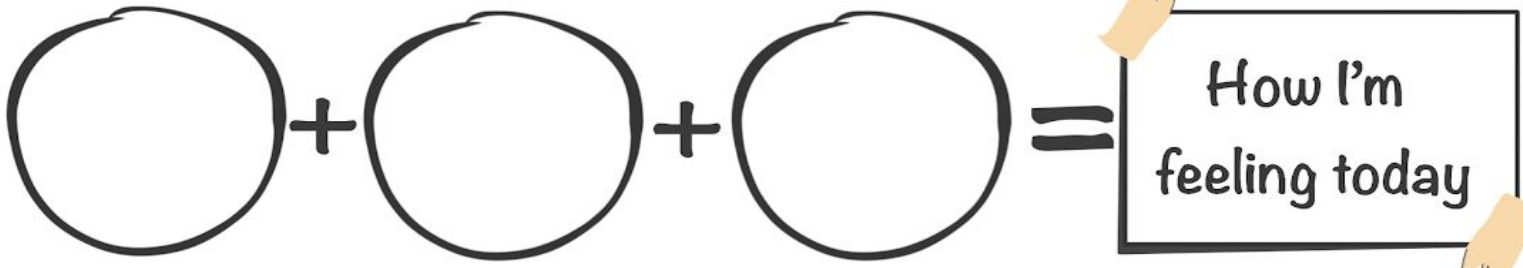
Have fun!



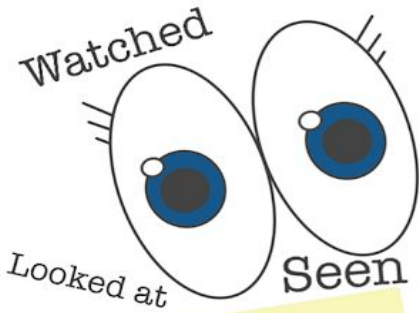
Use these wheels
to record your
moving moments...



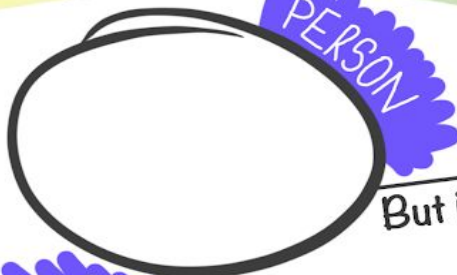
Today in _____'s Life



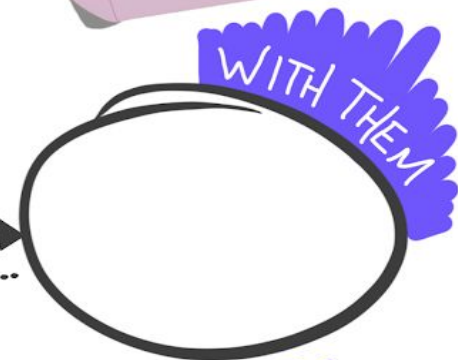
I have...



I miss...



But i look forward to...



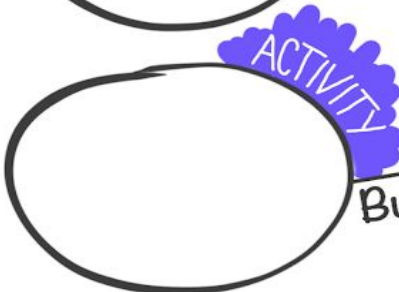
I miss...



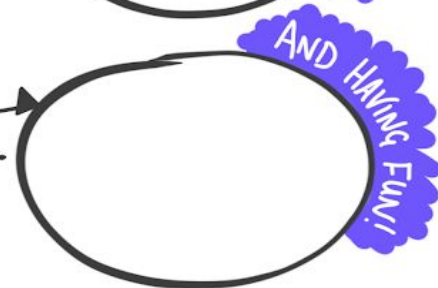
But i look forward to...



I miss...



But i look forward to...



CUT AND STICK

And use in your journal!

