



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!

START & END

YOUR DAY THE RIGHT WAY

Your morning routine is vital in helping you get ready for the day ahead. It is all about waking up your body and mind. Think about your mornings, what things do you do already? What could you add or change to make a better morning routine? Make yourself feel happier & more prepared for the day.

For ideas on how to start your day right, check out this video!



Use the next pages to help make/improve your routines, stick them on your wall or in your scrapbook to help remind you every day.

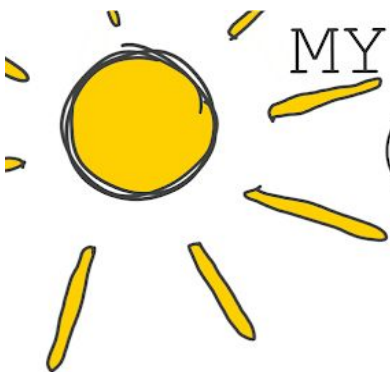
Make sure your routine suits you!

For some tips on how to get the best evening routine, check out this video...



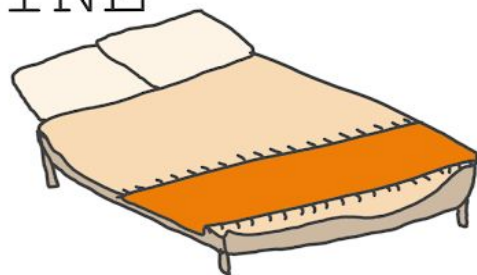
Your evening routine is key to a good night's sleep. Sleep allows us to rest and repair our bodies and mind. Think about your evening and the things you do to finish your day, before heading to bed. Can you add or change this routine, to prepare better for going to sleep?

MY MORNING ROUTINE



1

Blank box for step 1 of the morning routine.



Blank box for step 2 of the morning routine.

2

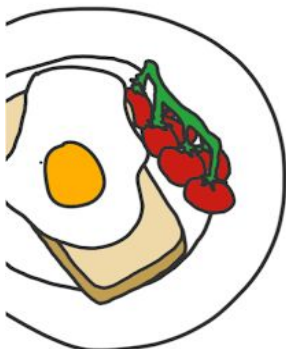


3

Blank box for step 3 of the morning routine.



You've got this!



4

Blank box for step 4 of the morning routine.

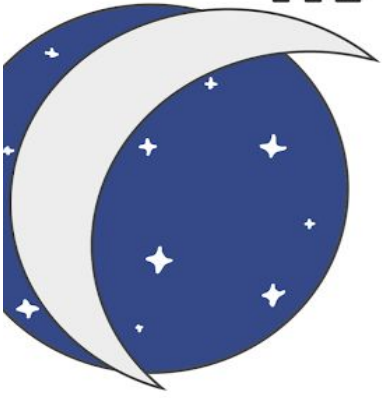


5

Blank box for step 5 of the morning routine.



MY EVENING ROUTINE

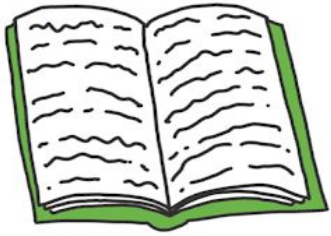


1

Blank box for step 1 of the evening routine.



Blank box for step 2 of the evening routine.



3

Blank box for step 3 of the evening routine.



4

Blank box for step 4 of the evening routine.

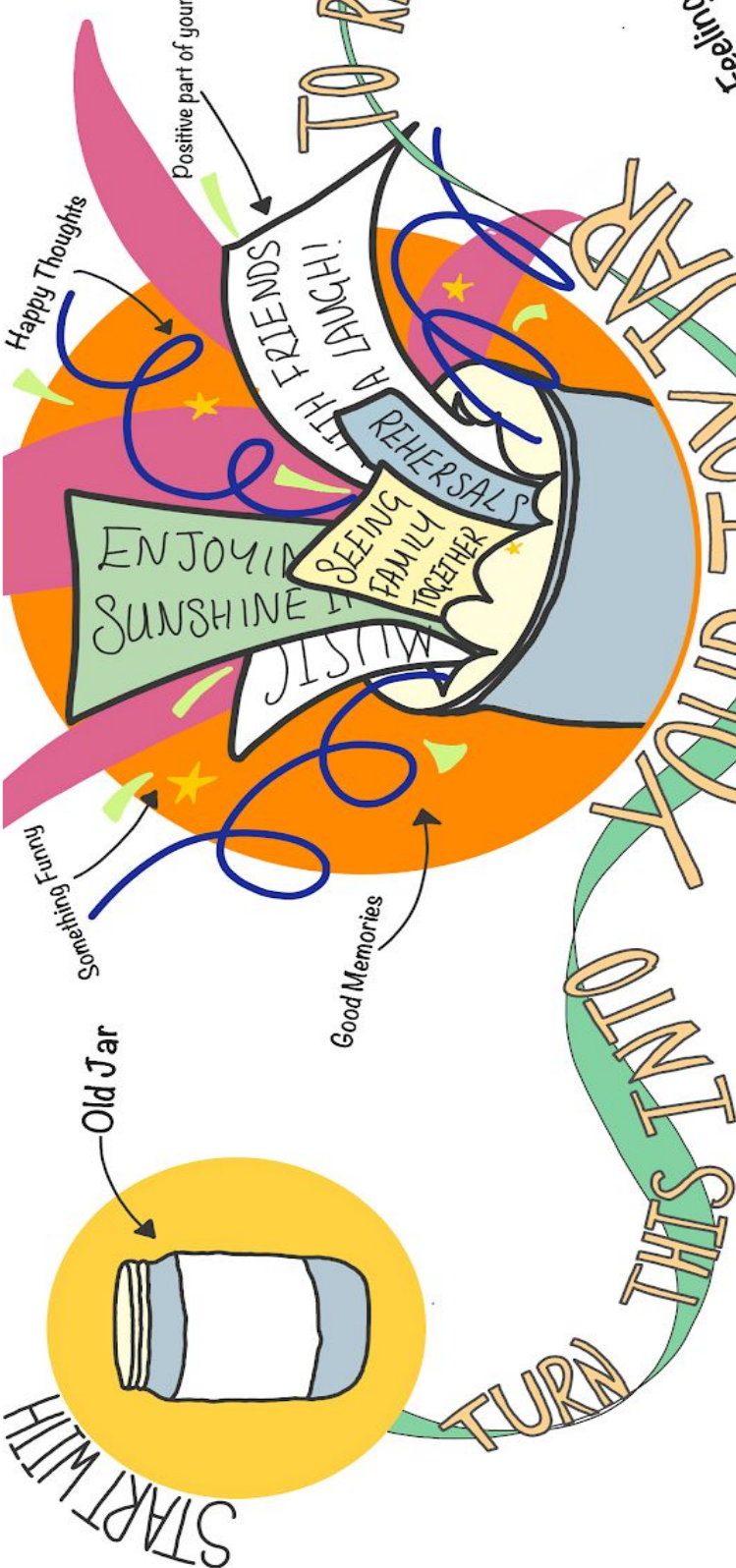


5

Blank box for step 5 of the evening routine.

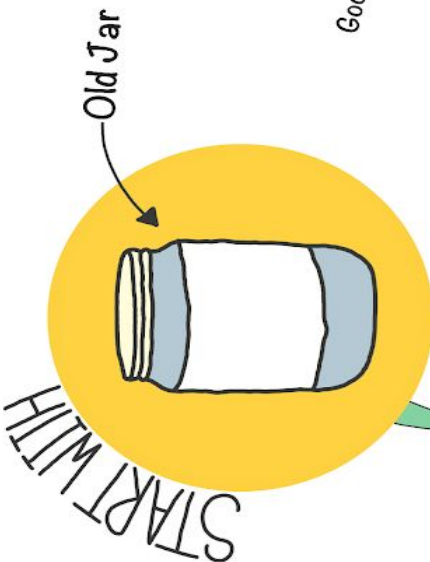


TIME TO GET CREATIVE



You Feeling Good!

HIT IT ONE



START WITH

Old Jar

Good Memories

Something Enjoy

Happy Thoughts

Positive part of your day

TURN THIS INTO YOUR JOY JAR

Making a Joy Jar

can be a great way to help you think positively about yourself and your day. We recommend at the end of each day (as part of your new & improved evening routine...) you try and write down 1 thing to go into your jar.

It can be something good that happened that day, something or somebody you are grateful for, something you achieved or just something that put that put a smile on your face. It's as easy as that!

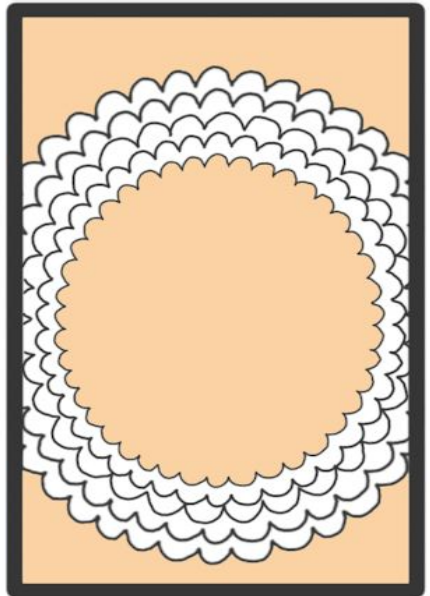
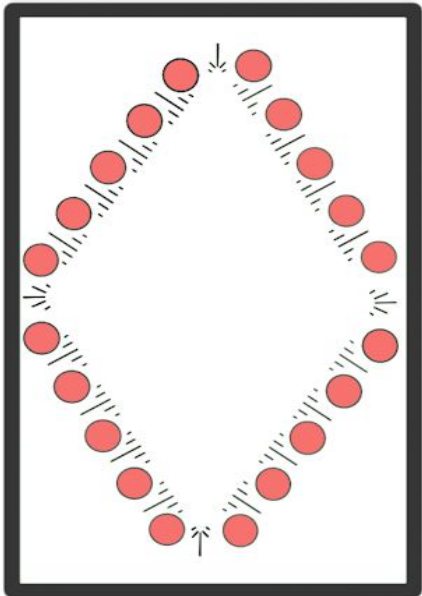
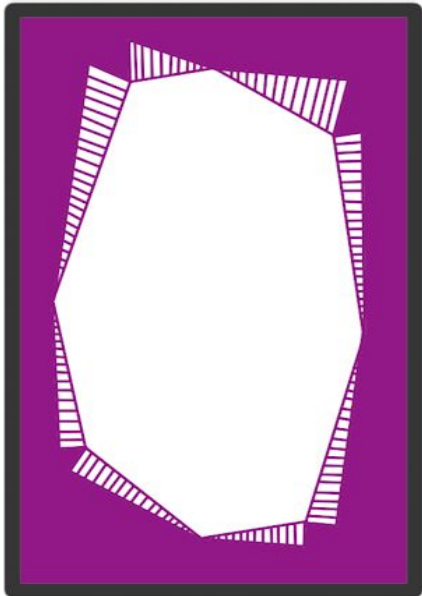
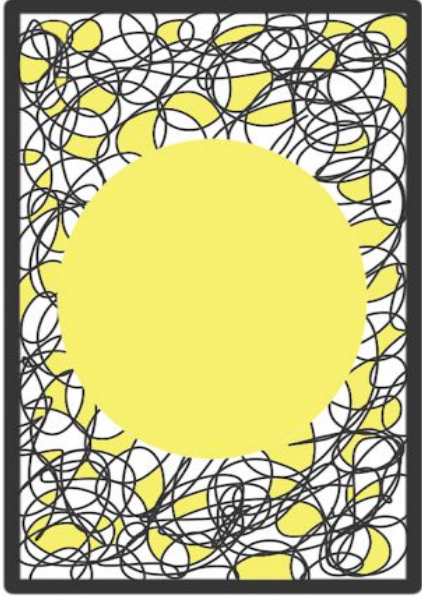
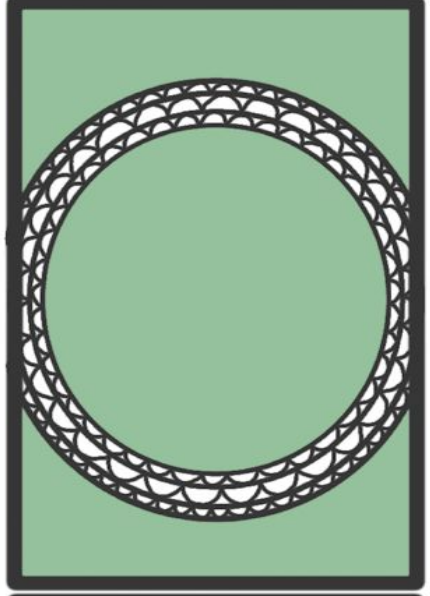
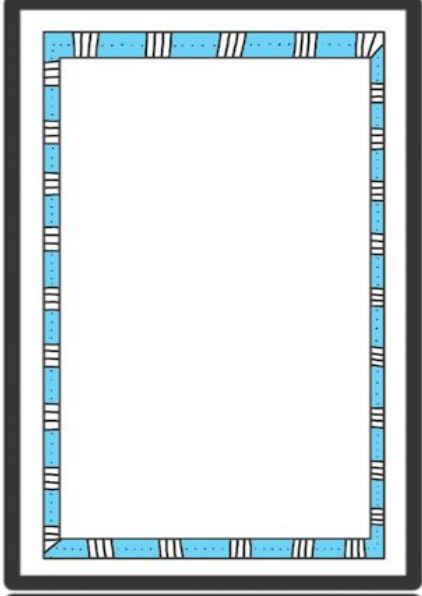
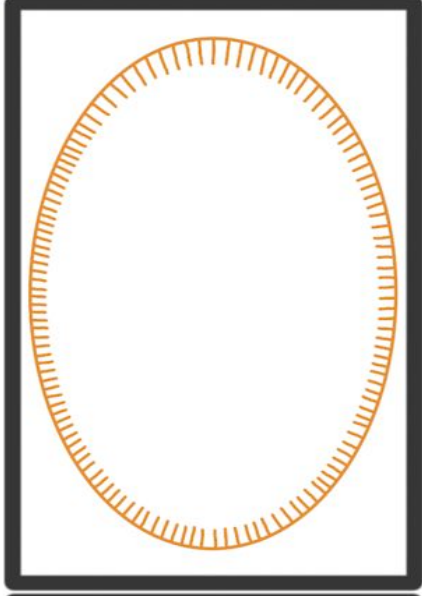
So find a jar or container that you can decorate & style in your own way to become your Joy Jar. Give it a go today, tomorrow, the next day and so on. By the end of a week you will have a collection of joyful notes that you can look back on and will pick you up if you are ever not feeling your best.

THE 'HOW TO' BIT

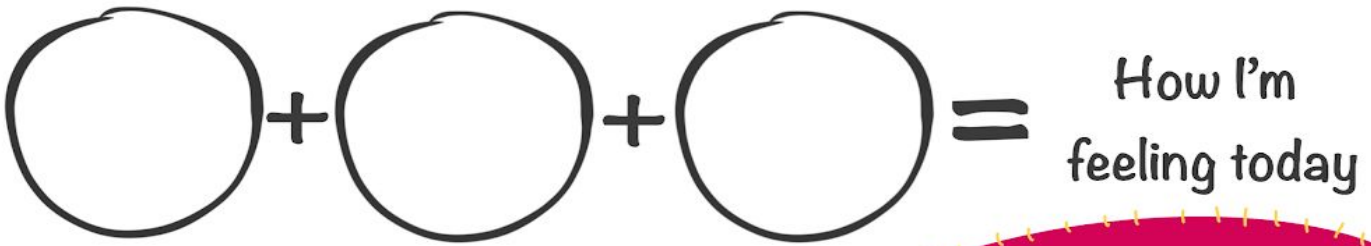
See next page for template cards ready for you to cut out, write on and pop into your jar!



**Template note cards, for your daily joy!
Cut these out or make your own, anyway you like.**



Today in _____'s Life



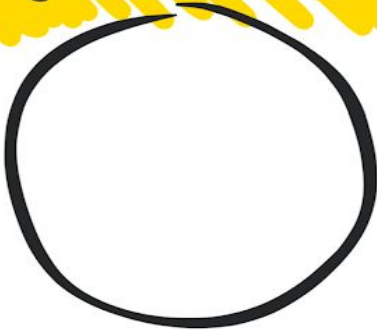
My night's sleep was:

It's good to notice how well you sleep, having routines in place should improve your sleep, so let's see!

My **MORNING** routine

(Tick when completed)

After completing my routine I feel



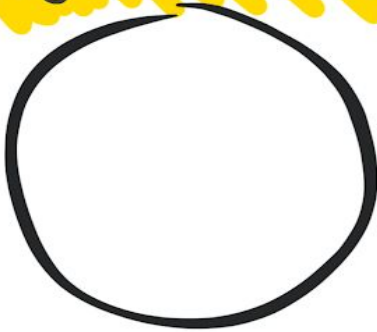
The best part was...

because...

My **EVENING** routine

(Tick when completed)

After completing my routine I feel



The best part was...

because...

CUT AND STICK

And use in your journal, or to decorate your Joy Jar!

