Build your Recharge Routine

Purpose: Create a personalised self-care plan to help you feel balanced and refreshed





3 Things that help me relax:

-
-
-

1 Activity that energises me:

-

A healthy habit I want to add:

Design a simple daily or weekly routine for self-care:

- **Morning:**
- **Afternoon:**
- **Evening:**

CBT Thought Flip

Use this CBT Tool to flip negative thoughts into more balanced ones

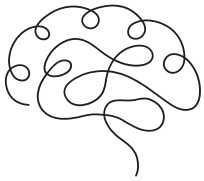
What's on your mind?

What's the story you are telling yourself?



What's a more balanced thought?

What's on your mind?



What's the story you are telling yourself?

What's a more balanced thought?

Recipe I want to try

Recipe Name:.....

Ingredients I need:.....

.....

.....

.....

.....

.....

.....

Where I found it:.....

Would I make it again?.....

.....

.....

.....

.....

.....

.....

Difficult Conversation Preparation





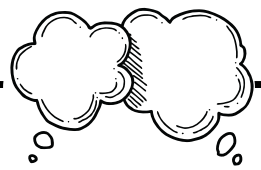
What I need to talk about:

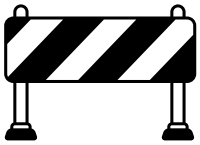
How I feel about it:

What Outcome I hope for:

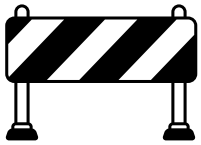
A calm way I could start:

What I want to avoid (eg. blaming, interrupting):





Boundary Builder

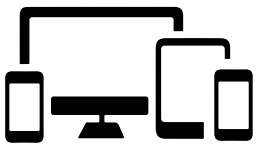


For each situation, decide what boundary you would like to set and how you would express it

SITUATION	What Boundary would you set	How would you say it?
Interruptions while you're studying		
Too many messages in a group chat		

REFLECT: How does setting boundaries help you feel more respected?

Digital Wellness Reflection



Take a moment to reflect on your social media habits and how they affect your well-being

How does social media affect your mood?
After scrolling, do you feel energised or drained?

_____
_____
_____
_____

Are you your authentic self online?
Or are you curating a version of yourself?

_____
_____
_____
_____

Has social media ever impacted your self-esteem?
Think of a time when it made you feel down - how did you handle it?

_____
_____
_____
_____

Choose one small step to improve your digital well being
Write it down and set a reminder to check your progress

_____
_____
_____
_____

What does a balanced digital life look like for you?
How can you use technology to support your well-being, focus and goals?

_____
_____
_____

My Savings Goals



What am I saving for?



Goal:
Amount to save:
Target Date:
Steps to take:

Goal:
Amount to save:
Target Date:
Steps to take:

Goal:
Amount to save:
Target Date:
Steps to take:

Goal:
Amount to save:
Target Date:
Steps to take:

Total Savings Needed:

Pomodoro Planner

Pomodoro Activity I will do for 25 mins	What I will do on my break

Notes on Distractions

How productive did I feel?



Vision To Action Map



“Small steps every day = real change over time

Goal	First step	Daily Habit	Reward



Fitness & Fun Budget Tracker



FUN IDEAS THAT COST MONEY	FREE OR CHEAP ALTERNATIVES

CHALLENGE: **Plan a week of fun on £10 or less**

Identity & Values Map

Colour all that apply. Add others you think of.

I am...

creative

imaginative

introverted

curious

thoughtful

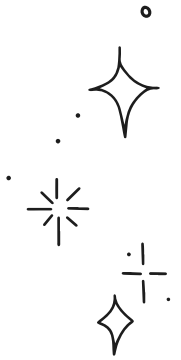
empathetic

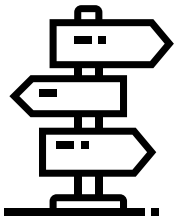
passionate

independent

What makes me feel most like myself?

Which value helps me when I face challenges?





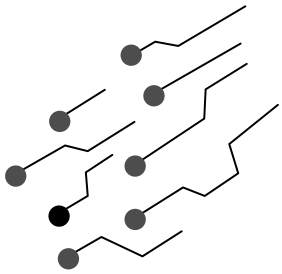
Career Dream Board

Dream Job Title	Ideal Work Environment
Key Skills you'd use	Lifestyle Goals (eg. freedom, stability, travel, impact)
Visual Inspiration (Images, sketches or symbols that represent career dreams, lifestyle goals or personal motivations)	

My Support Network

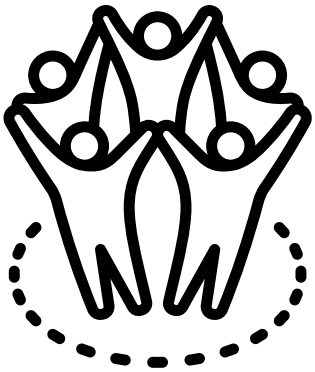
Family/ friends

People who inspire/ challenge you

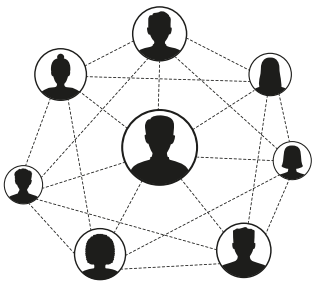




MY SUPPORT NETWORK

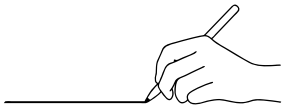


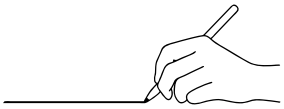
Community - clubs, online groups, classmates



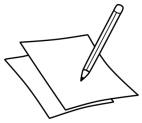
Mentors/ Role Models

Letter to my Future Self





Write a message to the future you. What do you want to remember? What are you hoping for? Be honest, kind and real.
You could include: What you're proud of, a goal you're working on, a reminder to stay true to yourself and encouragement for tough days.
Think: If you read this in 6 months, what would you want to hear?



My Dream Life....

Draw or collage your future vision



Keep Growing: What's Next?



Congratulations on completing the workbook!

You've taken a major step in building essential life skills that will support your journey into adulthood.

Here are some ways to keep going:

- Revisit your favourite exercises every few months.
- Set 3 new personal goals based on what you've learned.
- Discuss your insights with a friend, mentor or coach.
- Check out more resources at [your website or book's page].

Remember, growth is a lifelong process - and you're well on your way.