

## Me and My Needs Summary

**What stresses me?** (Parents, exams, friendship, body,)

**What Motivates Me?** (Music, setting goals, organizing, seeing someone else do something good)

**What are my strengths?**

**What comforts you?** (Fav tv show, playing sports, eating my fav treat, talking with my friend)

**What makes you feel fulfilled?** (Mastering a skill, volunteering, completing a project)

**How do you like to express yourself?** (Dancing, writing, skatepark, dress sense, dying my hair)

**What makes you feel connected with someone / something else?** (Calling a friend, online gaming, time with my pet, hiking, fishing)

**What calms you?**

**Pick 1 or 2 new tools you have learned that will challenge yourself to try to promote self-care / mental health / manage stress?** (Meditation app, journal, gratitude, grounding tool)