

Session 6.4: Reviewing my plan

Activity sheet 6.4.1: Reviewing my plan

Talk to the person who is supporting you with your plan.

Talk about what you have done so far.

1. What went well?

2. What did not go well?

Activity sheet 6.4.2: Well done, me

Remember to praise yourself for what you have achieved.

Each time you have done something well tell yourself 'Well done'.

Even if you don't get it right all the time, praise yourself for trying.

Praise yourself for asking for more help.

Praise yourself for each little step you have taken on your journey.



You did it!
Congratulations

**You have completed
the whole course**