

How other people have helped me:

Remember that you haven't got to where you are without the help from others. Write down five ways (or more if you want) that you have received help from others in order to get to where you are now. If stuck see example below.

A large, empty rectangular box with a thin black border, intended for the user to write down five ways they have received help from others.

Example of getting help from others:

My mother who gave me life and minded me.

My dad who helped my mother and changed his life because of me.

My granny who supported my mother to look after me and my siblings.

My friends who supported me in my belief in goodness and love.

My friends who encouraged me to create the wellbeing skills programme.