

MY LIFE TOOL

ME AND MY
CONDITION

TOOLBOX
BOOK ONE



ABOUT THIS BOOKLET

Coming to terms with how your condition(s) may affect your identity and sense of who you are can be difficult. Your expectations of yourself may be challenged – things you used to be able to do easily now take much longer or you can't do them at all. This can be difficult to come to terms with.

You can push yourself to do more than you can manage, which can negatively affect your health and quality time for yourself, or you could be someone that can live as well as possible with your condition, without being defined by it.

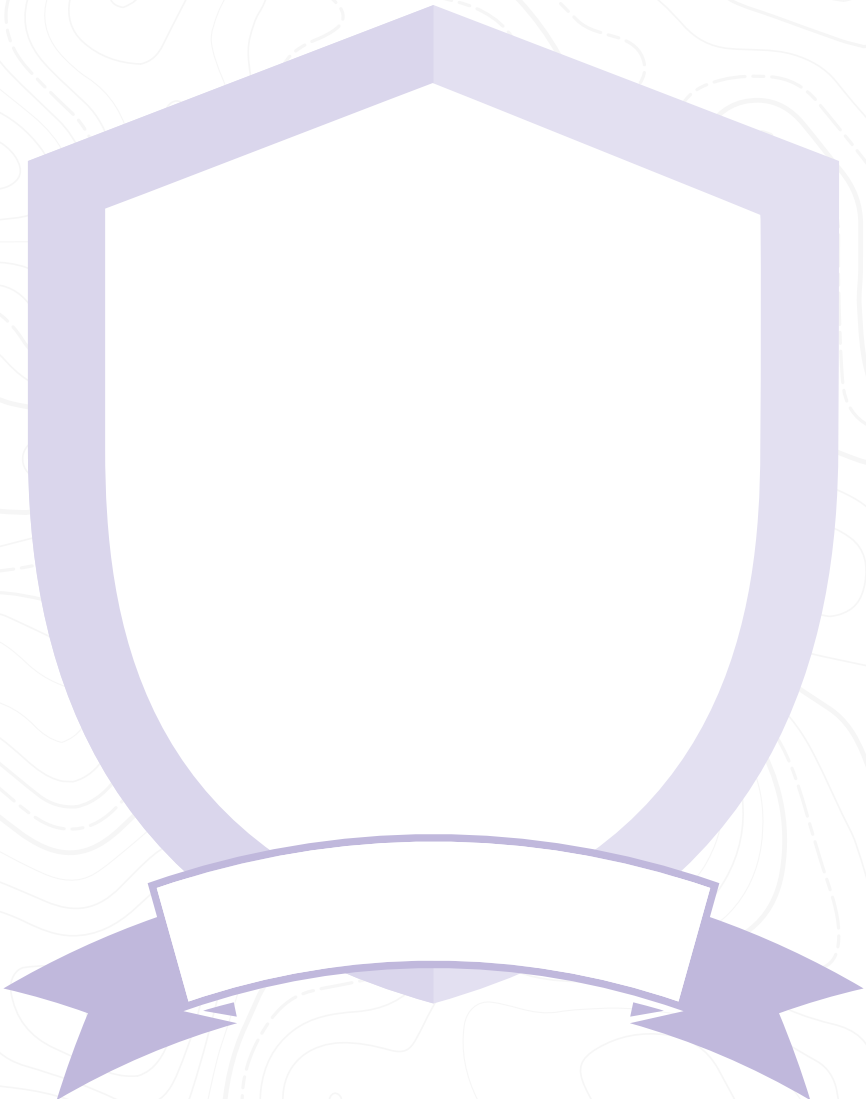
This booklet will encourage you to think about...

- How to see yourself in a more positive light
- How to be kind to yourself

"I could live with being judged poorly, but I couldn't live with being judged as a poet that's poorly"

MY COAT OF ARMS

Create your own coat of arms that represents you and write your motto in the box at the bottom. Describe yourself using words or images. You might want to work on this as you work through the tool box.



GLASS HALF-FULL

Building on the positives.

Living with a long-term condition changes what you can expect from yourself. You might not be able to do some of the things you once did or you may have to do them differently, but you can still achieve things, no matter how small. This tool helps you to recognise and appreciate your achievements.

Try each week to note down at least three things that made you feel good about yourself. Try to include how these things made you feel good.

How can you build on these things in the future to feel even better about yourself?

What could life be like sometime from now if these things have gone as well as you can imagine?

MAKING LISTS

You might find that making a list each day of things you want to do that day can be a good way of helping you feel a sense of achievement. It can even help to give you a reason to get up on a morning.

Just start with something you think you can easily achieve in the day and, over time, you might want to make your lists more ambitious. However, it is important that you do not set yourself too many tasks or unrealistic tasks.

Make your list here and tick off each task as you complete it

TASK	DONE
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

How did you get on? Was your list realistic or too ambitious for now?



MYLIFE TOOL

Developed by



NEURO KEY

An Alliance supporting people
with neurological conditions



Meaning & Purpose
Living with
Long-Term Conditions



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