

MYLIFE TOOL

TAKING
CHARGE

TOOLBOX
BOOK THREE



ABOUT THIS BOOKLET

Living with your condition(s) can sometimes feel like you have lost control over parts of your life, your future and even your mind and body.

Your condition(s) may affect what you can do, but it can help to learn about your own experience of the condition and your own strengths and challenges:

This booklet will encourage you to think about...

- Your strengths and how to use and develop them in the future
- How to approach challenges and become more resilient

- what makes my condition worse and can I avoid these things?
- how can I make the most of the good days and become more resilient to deal with the bad days?

Managing your condition is not something you can be told how to do - you need to think about it in relation to your own life and goals.

“It is in fact about, your core values... its about, testing your core values... resilience, for me, is about either rediscovering or developing core values”

MY STRENGTHS

You are strong! List up to five of your strengths (there are some examples to get you started). Think about how you can use your strengths in different ways and how you can develop your lesser strengths.

I am...

Examples:

A team player	Enthusiastic
Honest	Forgiving
Curious	Hopeful
Loving	Self-disciplined
Persistent	Kind

Choose a strength and think about different ways you could use it - try it out and see how you feel.

Choose a lesser strength and think about ways you can develop it - try it out and see how you feel.

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RESILIENCE

We all have some area of life where we have shown some resilience (no matter how small). By focusing on your areas of strength, you can work out what resilient strategies you have used before and how you can use these strategies to develop your resilience.

Your challenges	How did you use each strength to help you?			
List the challenges you have overcome in the past	Strength 1	Strength 2	Strength 3	Strength 4

In the boxes below, list your current challenges	Think about how you can use your strengths to overcome these challenges

APPROACHING CHALLENGES & DEMANDS

You will come across set backs and challenges in your journey but you will already have some tools to help you deal with them. This tool can help you identify the coping mechanisms that you already use.

What coping mechanisms do I already use to deal with challenges?

You might find it useful to look back at the “My strengths” (page 3) and “Resilience” (page 4) tools to help you with this.

AROUND ME	MY BODY
MY EMOTIONS	MY RELATIONSHIPS

Now that you have identified some of your coping mechanisms, think of some challenges that you want to work on and work through the second part of this tool on the next page.

CHALLENGES TO WORK ON

List challenges that you want to work on	Think about what you can do to overcome each challenge and how you can communicate this to others.			
Challenge	Can I change it and how?	Can I minimise it and how?	Can I accept it?	How can I express it to others?

ACHIEVING

It is good to have something to aim for but it can take time to achieve some things. Breaking your goals down into smaller, realistic chunks can help.

Pick something you realistically want to achieve and break it down into bite size chunks to help you achieve it.

I want to achieve...

The obstacles I might face are...

Step 1 towards achieving this...

Step 2 towards achieving this...

Step 3 towards achieving this...

If I achieve this goal I will feel...

Did you achieve your goal and how did you feel? If you didn't, that's OK - think about what you could do differently next time.

MYLIFE TOOL

Developed by



NEURO KEY

An Alliance supporting people
with neurological conditions



Meaning & Purpose
Living with
Long-Term Conditions



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