When my villain is in control
I can focus on my ... TRIBE

- HUG SOMEONE
- CUDDLE A PET
- TALK TO FAMILY
- MAKE NEW FRIENDS
- JOIN A COMMUNITY GROUP
- CATCH UP WITH FRIENDS
- WRITE A LETTER
- SPEAK TO SOMEONE I TRUST
- REACH OUT TO A MENTOR
- RANDOM ACT OF KINDNESS

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When my villain is in control
I can focus on my ...

RECOVERY

- STRETCH
- BOX BREATHING
- JOIN A COMMUNITY GROUP
- GO FOR A SWIM
- MEDITATE
- FACE MASK
- WALK
- SPEND TIME IN NATURE
- 'ME' TIME
- SLEEP
- HAVE A NAP
- ICE BATH
- YOGA
- TAKE A WARM BATH
- NATURAL LIGHT
- MASSAGE

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PASSIONS

- PAINTING
- MOVIES
- CODING
- MUSIC
- SPORT
- JOURNAL WRITING
- DRAWING
- GAMING
- DRAMA
- ANIMALS
- SINGING
- COOKING
- STORY WRITING
- DANCING
- LIFE CHANGER

When my villain is in control
I can focus on my ...

**MINDFULNESS**

- Do a puzzle
- Breathe deeply
- Sit in nature
- Have a music playlist
- Listen to a podcast
- Box breathing
- Colouring book
- Watch a calming video
- Draw
- Go for a walk
- Practise gratitude

When my villain is in control
I can focus on my ... 

**MINDSET**

- Practise Gratitude
- Positive Self-Talk
- I Can't Do This 'Yet'
- Set Goals For Myself
- Look For The Positives
- 'I Have To' Vs 'I Get To'
- Take A Step Back
- What Is This Teaching Me?
- Get Some Vitamin D

When my villain is in control
I can focus on my ...

**MOVEMENT**

- Swim
- Surf
- Walk
- Netball
- Dance
- Skip
- Run
- Basketball
- Kick a football
- Ride a bike
- Jump on a trampoline
- Walk the dog
- Yoga
- Hike

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**NUTRITION**

- Drink More Water
- Find Your Balance
- Cook a Healthy Meal
- Eat the Rainbow
- Eat More Fruit and Veg
- Eat a Healthy Snack
- Research Foods That Work for You
- Create a New Recipe