



**SUMMER  
PROJECT  
2026**

# Welcome to the Worksheet

Welcome to this engaging and informative worksheet designed to enhance your understanding of the topic at hand, which is all about change. Whether you're delving into a new subject or reinforcing previous knowledge, this worksheet will guide you through a series of thought-provoking questions and activities. Our aim is to not only provide you with valuable information but also to ignite your curiosity and encourage critical thinking. As you work through each section, take your time to reflect on the concepts and apply them to real-world scenarios. I hope you find this learning experience both enjoyable and rewarding. Let's begin!



# **Good Systems:**

**Plan, Plan Plan**

**Ask for help, who can help you or what will help you?**

**Do you have a quiet time of the day or space you can plan?**

**Drink?**

**Is there a time where you feel more energized?**

# Building a Relationship with yourself

Building a relationship with yourself is a fundamental aspect of personal growth and well-being. It involves cultivating self-awareness, self-acceptance, and self-compassion. Start by spending time alone to reflect on your thoughts, feelings, and values. Journaling can be a helpful tool in this process, allowing you to explore your inner world. Practice mindfulness or meditation to stay present and deepen your understanding of yourself. Embrace your strengths and acknowledge your weaknesses without judgment, recognizing that they are part of what makes you unique. Set personal goals that align with your true desires and values, and celebrate your achievements along the way. Most importantly, be kind to yourself, especially during challenging times. By nurturing this relationship, you create a solid foundation for a fulfilling and balanced life.

So from 1 to 10 1 Being feeling awful to 10 to feeling on top the world write down where you are in your life and the relationship with yourself:

Do you avoid looking at yourself you can use this space below to write. Is it shame, do you feel shameful about something?:

**Look at yourself and around you what do you already have that makes you feel good?**

**What could you add that would make a difference?**

**What do you want to see grow?**

**Who do you admire and what is about them that attracts your attention?**

**Value- What does it mean to you?**

**How could you add value to your life?**

**What would make you life better?**

**What hasn't worked out for you?**

**What vibe are you getting where you live, work and relationships such as a friend, work colleague or friend?**

**Who is your biggest fan?**

**What is holding you back?**

**What is important to you?**

**What do you want less of?**

**What do you want more of?**

**Are you being heard?**

**Do you feel your having to tread on egg shells?**

**Who makes you feel like that?**

**When are you at your happiest?**

**Is there anything you dread?**

# Letting Things Go

Letting things go is a vital skill that can lead to profound personal growth and emotional well-being. It involves releasing attachments to past grievances, mistakes, or disappointments, allowing us to move forward unburdened by negative emotions. This process often requires self-reflection, forgiveness, and acceptance of what cannot be changed.

By letting go, we create space for new experiences and perspectives, fostering resilience and inner peace.

It's important to remember that letting go doesn't mean forgetting or dismissing our feelings; rather, it means acknowledging them and choosing not to be controlled by them. Practicing this can improve relationships, increase happiness, and lead to a more fulfilling life.

So write down what you can let go of and use the next page to if you wish:



**What one change can you make today?**

**What have you changed and how do you feel?**

**Was something holding you back?**

**Evaluate how you feel once again 1 to 10**

**It is time to grow and focus on one thing and make changes as you go:**

**Keep using this worksheet as you continue to make changes.  
Please document and I love journaling so find a nice journal or there are  
journal APPs and work on you mindset and what is going on around you.  
Many thanks for joining me.**

**Carrie X**