**Become a listing legend**

Making lists has a wide range of mental health benefits. They can help you feel more organised, allow you to identify issues and solutions, or just help you become more aware of all the good things you have to be grateful for!

We’ve put together this template so you can make some lists whenever you’re ready – hopefully you’ll find some calm whilst you do them.

**Things I’d like to complete today**

*Choose realistic, achievable things and tick them off as you go!*

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**Things on my mind right now**

*Assess any concerns that are within your control to change, and make an action plan!*

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| What’s on my mind | List as many different solutions as you can |
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**What made me smile recently**

*Make a list of everything that’s made you smile recently, and refer back to it whenever you need a boost!*

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