

# Planning for success



## Activity

### Using your planner and journal

So you've got your Bounce Back planner and journal and you're ready to get started.

Here are some ideas on how to use your journal to keep checking in on your progress and to make new plans when things don't go quite as you hoped. That's what bouncing back is all about.

It might seem complicated now, but once you have put your first moves to work over the next few weeks with the help of your planner and journal, bouncing back will soon feel like a normal part of your routine.

### Making a plan

Read through the list of Bounce Back moves on the planner in your journal.

- Are there some new moves on the planner that you want to try and focus on as part of your plan?
- Take your time thinking about these moves and deciding what you're going to focus on first.
- Pick one or two moves to start with. You can add new ones over the next few weeks.
- Keep track of your progress with the stickers each session.

### Using your journal to stay on track

Writing things down gives you time to think. It also helps you to remember what you've planned to do. Use the space in the journal to record your plans and then check your progress.

- Your Bounce Back journal will really help you to succeed. Use it with the planner to help reflect on the moves you're making.
- Go back to your journal between sessions to think about what you've planned, notice what's going well and where you need help. Keep learning and bouncing to try new things.
- There's a double page where you can write down your next move. Then use the questions and space to consider what you need to do and make notes or drawings about how things are going and what you're learning.

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Each time you try something new you'll need to:

- **Plan** how you'll make each move.
- **Make your move.**
- **Think** about how it's going. What works? What doesn't?
- **Learn** to make any changes you need in case something didn't quite work first time round. And then... keep going! This is what bouncing back is all about.

Some fun stuff is included in your journal to get you thinking and being creative about what's going on in your life. Use these spaces however you want to. It's your journal, it's your life!

**Once you've got a plan, you're good to go! Don't put it off. It's a journey.**

If you focus on completing achievable moves before moving on to the next thing, you will achieve your goals. Don't go at it too fast and burn out. And don't forget to ask for help if you get stuck. We can't always do everything alone. **Good luck!**

**P.S. There's more help on planning for success in the Start Bouncing section of the Bounce Back website: [www.bouncebacknewham.co.uk](http://www.bouncebacknewham.co.uk)**