



HOPE BOX CONTENTS

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WRITING A LETTER TO YOUR CURRENT SELF

WRITING A LETTER TO YOUR CURRENT SELF FROM YOUR BEST VERSION FUTURE SELF. THIS LETTER WILL FOCUS ON WHAT ADVICE YOU WOULD GIVE YOUR PRESENT SELF AND TELL THEM ABOUT WHAT HAS HAPPENED BETWEEN NOW AND THEN.

(ADAPTED FROM NT LIFE: LITTLE BOX OF HOPE)

Identify a date in the future, one to five years from now

Write a letter to yourself from that day as though you have become the best version of yourself. Write it as an actual letter.

In the letter address questions like the following:

- What are some of the main things you have learned since now?
- What should your present self look out for?
- What is the best advice you could give your present self?
- What would you tell yourself to get through some of the challenges that you faced?
- What would you tell yourself about your successes and the way you dealt with them?
- What type of people has helped you along the way?
- What types of people have made life harder?
- Whom do you wish you had spent more time with?

Once done read the letter again. Does it seem right? Do you want to make any changes? When you are happy with your letter, continue to the next step immediately or put it away for a couple of days and then return to it (recommended).

REFLECTION: LETTER TO YOUR CURRENT SELF

NOW, REFLECT ON YOUR LIFE AS IT IS CURRENTLY.

(ADAPTED FROM NT LIFE: LITTLE BOX OF HOPE)

Of the advice you have given to your present self, how much are you following today?

How could you follow the advice better?

What else can you take away and apply better to your life and your immediate future?

Are there some people or types of people you wish you had spent more or less time with?
How can you change that now?

INSPIRE LIST

THESE ARE THE THINGS THAT INTERESTS YOU.



FILM



SONGS



BOOKS

Try this: meaningful films that you have watched.
Films that you would watch again.
Films with great story telling and characters.

Try this: favourite musicians or composers.
Music that gets you going.
Song lyrics that resonates with you.

Try this: books that sparked your imagination.
Books that are insightful and relatable to you.
Books that changed your perspective of life.



WORDS TO LIVE BY



PLACES



ROLE MODEL

Try this: motivational or inspirational quotes.
Meaningful quotes that resonate with you.
Sayings that influenced your life principles.

Try this: countries you look forward to visiting.
Travels that left you with vivid memories.
Travels that changed your perspective on life.

Try this: people who helped build the world.
People who stand up for a good cause.
Leaders, mentors, teachers, or coaches.

PRIORITIES LIST

ORGANISE YOUR PRIORITIES IN THE SPACES BELOW,
BEGINNING FROM THE MOST IMPORTANT TO THE LEAST.

TOP PRIORITY

HIGH PRIORITY

MODERATE PRIORITY

LESS PRIORITY

MAKE YOUR OWN LABEL

WRITE DOWN IMPORTANT THINGS THAT YOU LEARNED FROM YOUR THERAPY/COUNSELLING SESSIONS.

(ADAPTED FROM NT LIFE: LITTLE BOX OF HOPE)

Labels: We go through life attaching labels to ourselves, usually these aren't of our own choosing. Listen to the story:

"I can remember being called weird, fickle, ugly, fat, I wore these labels for many years thinking 'if other people saw this it must be true.'

I thought these defined me and my mental health and wellbeing suffered as a result. The truth is, they defined the people saying it to me, this is how they saw me.

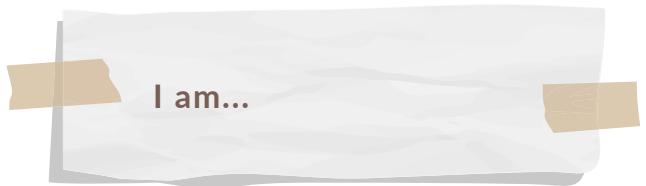
My weirdness was because I was unconventional, I coloured outside the lines, I broke the rules, I challenged conditioning, I danced to my own beat and sang (off-key) to my own tune, I chose solutions over blaming, I chose kindness over being right, I chose to be unique, individual, and one in a million over being weird! Fickle? if fickle is spontaneous, quick to adapt to new opportunities and challenges, curious about life and willing to discover new places, people and experiences without being anchored to things, then I'm fickle but I see an adventurer, an explorer, a curious person!"

The point is - to decide on the labels you want to wear and then be them. Without deciding who we are and what we value we fall prey to the labels of others.

Now it's your turn... Use your labels to write down who you are. E.g. I am courageous, I am strong, I am fun, I am a survivor, I am kind etc. It's important to remember even if you don't feel those things right now, at this moment, these labels are your choice, whom you choose to be. Because if you can think it you can be it. The magic happens when you decide instead of being weird to be unique and you remind yourself regularly and practice what it means to you; when those people call you weird in the future you rejoice in your uniqueness.

Do it now... Write down on each of the labels:

I am _____ (Insert a positive, bold, strong word to describe who you are)



A QUESTIONNAIRE TO LEARN ABOUT YOURSELF

THIS IS A SERIES OF QUESTION THAT WILL HELP YOU TO LEARN MORE ABOUT YOURSELF. FEEL FREE TO WRITE DOWN THE ANSWERS ON A SEPARATE PAPER, OR NEXT TO THE QUESTION.

(ADAPTED FROM YOU ARE LOVED BY MIZI WAHID))

1. What are you qualified to do professionally? (for your course of study if you are still a student)
2. What do you enjoy doing outside of work/school?
3. What are two or three dreams and ambitions that you have but have yet to try?
4. What type of personality or behaviour are you most attracted to?
5. What type of people do you normally attract into your life?
6. What makes a person interesting to you? (how smart they are, how good looking they are, how well-dressed they are, etc) And why?
7. Amongst all daily routines or chores, which is the least enjoyable for you?
8. What type of behavior in a person are you unable to tolerate? (rudeness, tardiness, messiness, non-meticulousness, indecisiveness, etc)
9. Describe yourself in one word.
10. List down at least three words others have used to describe you.
11. Who do you look up to in life? And why?
12. Describe your childhood in one word.
13. List down three cities you would like to travel to one day.
14. What are your three most favourite dishes?
15. What was the last thing that made you smile?
16. What is your proudest accomplishment in life?
17. Describe in only three words, the most dominant qualities of people who are closest to you?
18. Do you love animals?
19. Do you love children?
20. What are your hobbies?
21. What is your favourite movie of all time and why?
22. Describe the perfect date. (This question applies for singles and those married)
23. From the list of people below, who are you closest to? (mother, father, sister, brother, colleague, friend)
24. Do you believe that some of your characteristic were unconsciously picked up from that person?
25. How would you like to be remembered after you have left this earth?

THERAPIST NOTES

WRITE DOWN IMPORTANT THINGS THAT YOU LEARNED
FROM YOUR THERAPY/COUNSELLING SESSIONS.

THINGS THAT I LEARNED

THINGS TO REMEMBER

HELPFUL RESOURCES

VALUES AND BELIEFS

YOUR VALUES AND BELIEFS WILL ACT AS A GUIDE TO THE DECISIONS YOU MAKE. WHAT PRINCIPLES DO YOU LIVE BY?

(ADAPTED FROM KELLY WILSON'S VALUED LIVING QUESTIONNAIRE)

Deep down inside, what is important to you? What do you want your life to stand for? What sort of qualities do you want to cultivate as a person? How do you want to be in your relationships with others?

Values are our heart's deepest desires for the way we want to interact with and relate to the world, other people, and ourselves. They are leading principles that can guide us and motivate us as we move through life.

Values are not the same as goals. Values are **directions we keep moving in**, whereas goals are what we want to achieve along the way. A value is like heading West; no matter how far West you go, you never reach it.

A **goal** is like a river or a mountain or valley we aim to cross whilst travelling in that direction. **Goals can be achieved or 'crossed off', whereas values are an ongoing process.**

For example, if you want to be a loving, caring, supportive partner, that is a value – an ongoing process. If you stop being loving, caring and supportive, then you are no longer a loving, caring, supportive partner; you are no longer living by that value.

In contrast, if you want to get married, that's a goal - it can be 'crossed off' or achieved. Once you're married, you're married – even if you start treating your partner very badly. If you want a better job, that's a goal. Once you've got it - the goal is achieved. But if you want to fully apply yourself at work, that's a value – an ongoing process.

The following are areas of life that are valued by some people. **Not everyone has the same values, and this is not a test to see whether you have the "correct" values.** Think about each area in terms of general life directions, rather than in terms of specific goals.

There may be certain areas that you don't value much; you may skip them if you wish. There may be areas that overlap – e.g. if you value hiking in the mountains, that may come under both physical health and recreation. It is also important that you write down what you would value if there were nothing in your way. What's important? What do you care about? And what you would like to work towards?

1. Marriage/couples/intimate relations. What sort of partner would you like to be in an intimate relationship? What personal qualities would you like to develop? What sort of relationship would you like to build? How would you interact with your partner if you were the 'ideal you' in this relationship?

VALUES AND BELIEFS

YOUR VALUES AND BELIEFS WILL ACT AS A GUIDE TO THE DECISIONS YOU MAKE. WHAT PRINCIPLES DO YOU LIVE BY?

(ADAPTED FROM KELLY WILSON'S VALUED LIVING QUESTIONNAIRE)

2. **Parenting.** What sort of parent would you like to be? What sort of qualities would you like to have? What sort of relationships would you like to build with your children? How would you behave if you were the 'ideal you'.
3. **Family relations.** What sort of brother/sister, son/daughter, uncle/auntie do you want to be? What personal qualities would you like to bring to those relationships? What sort of relationships would you like to build? How would you interact with others if you were the ideal you in these relationships?
4. **Friendships/social life.** What sort of qualities would you like to bring to your friendships? If you could be the best friend possible, how would you behave towards your friends? What sort of friendships would you like to build?
5. **Career/employment.** What do you value in your work? What would make it more meaningful? What kind of worker would you like to be? If you were living up to your own ideal standards, what personal qualities would you like to bring to your work? What sort of work relations would you like to build?
6. **Education/personal growth and development.** What do you value about learning, education, training, or personal growth? What new skills would you like to learn? What knowledge would you like to gain? What further education appeals to you? What sort of student would you like to be? What personal qualities would you like to apply?
7. **Recreation/fun/leisure.** What sorts of hobbies, sports, or leisure activities do you enjoy? How do you relax and unwind? How do you have fun? What sorts of activities would you like to do?
8. **Spirituality.** Whatever spirituality means to you is fine. It may be as simple as communing with nature, or as formal as participation in an organized religious group. What is important to you in this area of life?
9. **Citizenship/ environment/ community life.** How would you like to contribute to your community or environment, e.g. through volunteering, or recycling, or supporting a group/ charity/ political party? What sort of environments would you like to create at home, and at work? What environments would you like to spend more time in?
10. **Health/physical well-being.** What are your values related to maintaining your physical well-being? How do you want to look after your health, with regard to sleep, diet, exercise, smoking, alcohol, etc? Why is this important?

VALUES ASSESSMENT RATING FORM

YOUR VALUES AND BELIEFS WILL ACT AS A GUIDE TO THE DECISIONS YOU MAKE. WHAT PRINCIPLES DO YOU LIVE BY?

(ADAPTED FROM KELLY WILSON'S VALUED LIVING QUESTIONNAIRE)

Read through the accompanying values sheet. For each of the ten domains, write a few words to summarize your valued direction, Eg 'To be a loving, supportive, caring, partner.' Rate how important this value is to you on a scale of 0 (low importance) to 10 (high importance). It's okay to have several values scoring the same number. Rate how successfully you have lived this value during the past month on a scale of 0 (not at all successfully) to 10 (very successfully). Finally rank these valued directions in order of the importance you place on working on them right now, with 10 as the highest rank, and 9 the next highest, and so on.

Domain	Valued direction (Write a brief summary, in one or two sentences.)	Importance	Success	Rank
Couples/ intimate relationships				
Parenting				
Family relations				
Social relations				
Employment				
Education and training				
Recreation				
Spirituality				
Citizenship/ community				
Health/ Physical well-being				

WRITING A THANK YOU LETTER

WRITE A LETTER OF THANKS TO SOMEONE WHO HAS HELPED YOU AT SOME TIME IN YOUR LIFE.

(ADAPTED FROM NT LIFE: LITTLE BOX OF HOPE)

Explain how they helped you and why that was important to you and as a result of their help what you have been able to do. Whether you chose to send it or keep it is up to you.

EMOTIONAL FIRST AID KIT CHECKLIST

THINGS TO INCLUDE IN YOUR HOPE BOX

(ADAPTED FROM NT LIFE: LITTLE BOX OF HOPE)



SIGHT



TOUCH



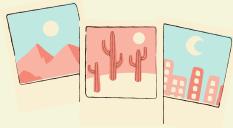
SMELL



TASTE



HEAR



Pictures of family, places, events, postcards, letters that bring you a sense of joy, also consider puzzles, jigsaws and crosswords

Cuddly toy, feather, fabric, wooden object - anything that brings a sense of security or joy when you touch it. Hat, sunglasses and comfortable socks, facial masks

Scented candles, essential oils, lavenders, favourite perfume or aftershave

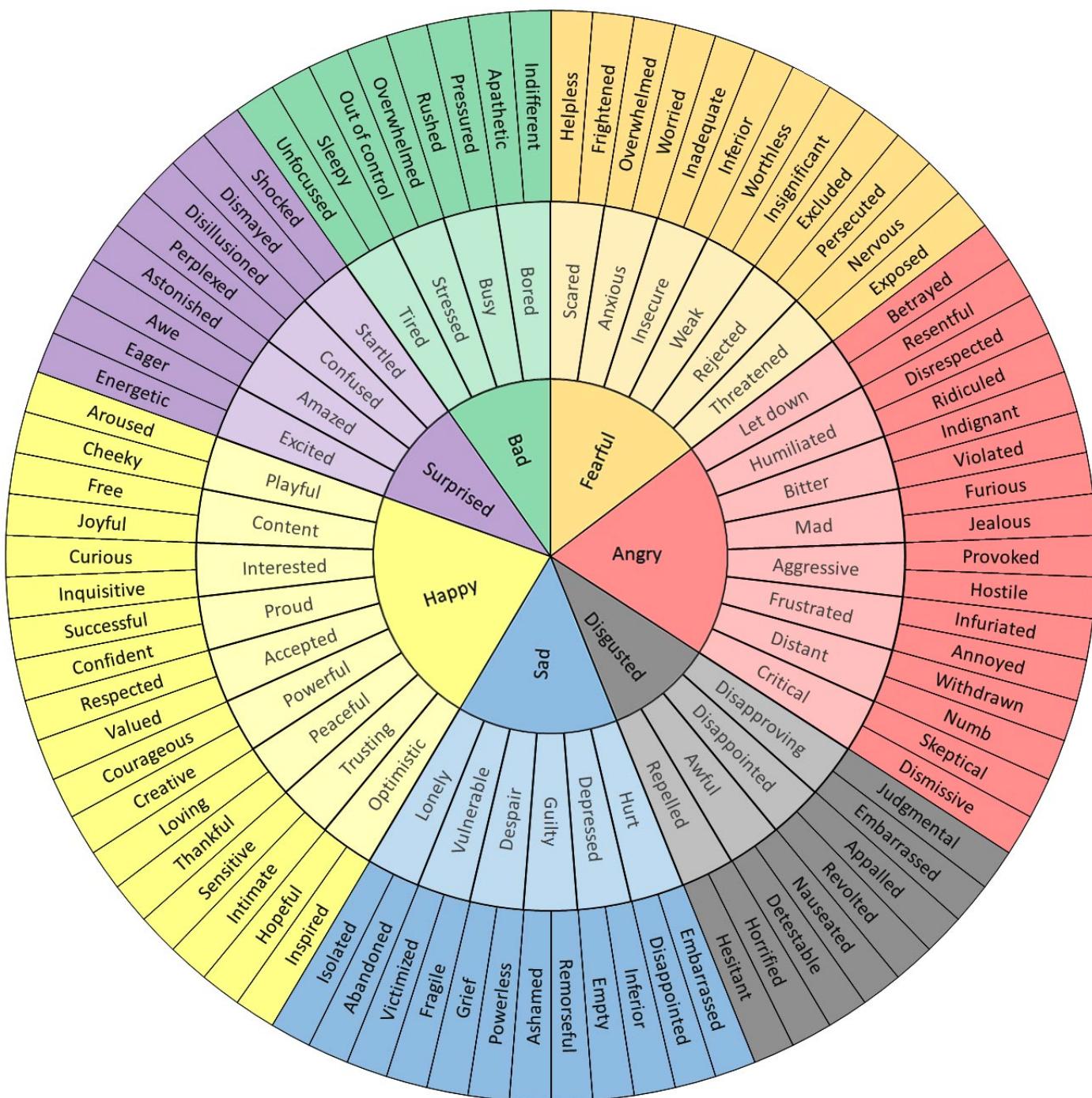
A favourite sweet, fresh-mints, chocolate, herbal tea

Create a music list of uplifting songs and music you associate with positive emotions and events

EMOTIONAL WHEEL

THIS WILL BE A GUIDE FOR YOU TO INCREASE YOUR EMOTIONAL VOCABULARY TO DESCRIBE HOW YOU ARE FEELING.

(ADAPTED FROM GEOFFREY ROBERTS)

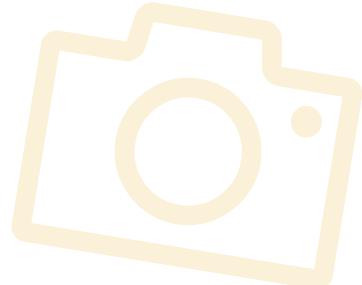
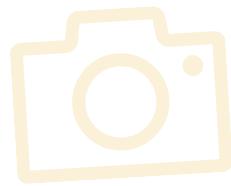
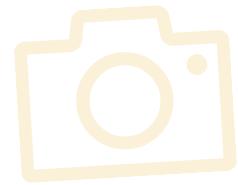
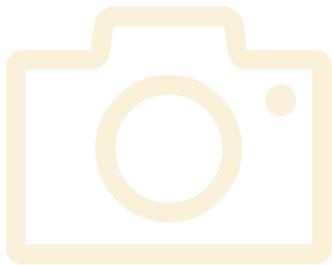


PHOTOGRAPHS OF HAPPY TIMES

WHEN YOU ARE FEELING WELL, GATHER TOGETHER PHOTOGRAPHS OF HAPPY TIMES, HAPPY PLACES, PEOPLE, PETS ETC. THAT WHEN YOU LOOK AT THEM YOU FEEL GOOD.

(ADAPTED FROM NT LIFE: LITTLE BOX OF HOPE)

Keep the photos here so that when you start to feel less than good you can look at them and remember that even though you may be struggling right now, good times have been had and will be again. Feel free to print more or prepare an envelope and gather them inside.



CRISIS SAFETY PLAN SUPPORT

Step 1: Warning signs - thoughts/image/mood/behavior that a crisis may be developing.

Step 2: Internal Coping Strategies - things that I can do to calm myself down without needing to contact another person (relaxation techniques, physical activities)

Some safe person I can reach out to are (name & phone number):

People and social settings to provide distraction (name, phone number and place):

Local Emergency Contacts (eg. 911):

GRIEF AND LOSS COPING

SELF CARE WORKSHEET PART 1: GOALS

1

DEFINE A LONG-TERM GOAL, THEN WORK BACKWARD. WHAT DO YOU WANT TO BE IN A YEAR?

IF SO, WHERE DO YOU NEED TO BE IN SIX MONTHS? IN ONE MONTH?

MY LONG TERM GOAL

IN () MONTHS TIME,
I WILL ACHIEVE ()
BY DOING ()
FOR () PER DAY.

SHORT TERM GOALS

2

WHAT YOU CAN DO DAILY

EG: EAT A GOOD BREAKFAST EVERYDAY

EG: GIVE SOMEONE A COMPLIMENT EVERY DAY



SWITCH UP YOUR ROUTINE

3

WRITE DOWN 5 THINGS YOU'VE NEVER DONE THAT YOU'VE ALWAYS WANTED TO TRY IN YOUR TOWN.

EG: ROCK CLIMBING, YOGA, NEW RESTAURANTS ETC



Over the course of the next 5 weeks, do one of these things each week.

Having a goal in mind, whether it is big or small, will help you to get out of this current funk, and it will give you something to work towards. Make sure that the things you are doing right now will get you closer to your goals, and not farther away.

GRIEF AND LOSS COPING

SELF CARE WORKSHEET PART 2: STUFF

■ STEP 1: SWITCH THINGS UP

First off, take all the things that belong to your ex or remind you of your ex/ bring bad memories of grief and put them in a box.

It's up to you if you want to keep this box or get rid of it – the point is to get these things out of sight.

There is something to be said for the expression, "Out of sight, out of mind."

■ STEP 2: REORGANIZE YOUR SPACE

Move your furniture around,

switch up the artwork or photos on your walls,

get yourself new bedsheets

do things that will make your space feel fresh, you will see that it will have a very positive effect on your frame of mind as well.

■ STEP 3: TALK TO STRANGERS

Remember, your happiness does not depend on that person, the loss.

Challenge yourself to get out there and talk to 5 new people every week. It can be someone in line next to you while you're at the checkout at the grocery store, someone at a bar, someone at a party, or even someone sitting next to you on the bus.

GRIEF SURVIVAL PLAN

HEY DEAR. YOU CAN'T PREVENT LOSS AS IT IS A PART AND PARCEL OF LIFE.
BUT, YOU CAN BE PREPARED FOR IT.

If you know or sense that grief is around the corner, you could plan out an emergency survival guide, so you won't freak out when it happens.

It can be a short getaway, a safe place for you to grieve and cry safely, your favorite sad/funny movie, or even a trip to your comfort place when you're sad.

Movies to watch



Things to Eat (Comfort Food)

My travel plan incase of intense sadness

EG: INCASE OF GRIEF, I WILL BUY A PLANE/BUS TICKET TO VISIT MY SIBLING'S/ BEST FRIEND'S PLACE

LETTERS TO LET GO

WRITE A LETTER TO LET GO OF NEGATIVE EMOTIONS. THIS COULD BE ANGER, HURT, SADNESS, GRIEF, OR ANYTHING ELSE YOU'RE HOLDING ONTO. SO YOU CAN MOVE ON.

(ADAPTED FROM FOCUS MENTAL WELLNESS)

If you're angry, be as angry as you can, as this might allow you to get the thoughts out of your head and take action with them. For example, in writing a letter to your ex-partner who might have hurt you, you might write: "You ended our relationship in the worst way possible. How could you just drop out of my life, with no explanation, leaving me to guess what went wrong? I know that I deserved better than that, so what you did is a reflection of you, and your cowardice, not me. I am happier and better off without you."

If you're feeling calm and centered, you can write a response to your letters that soothes you, for example. "I am so sorry that I let you down, I just did not have the courage, to be honest with you, you know I have never been good at communicating. You did deserve better. I hope you can forgive me."

Here are some simple rules to follow if you decide to use this powerful healing tool:

1. Find a quiet space to do your writing.
 2. Make sure your letters are kept in a private place, or destroy them in a safe manner after writing them.
 3. Make sure you give yourself time to calm and recentre yourself after letter writing. One way to do this is by spending a few minutes doing some deep breathing, for example, inhale for 4 and exhale for 4.

You may need to write several letters to the same person or around the same situation as your thoughts unfold and as your healing process goes on, which is a sign that you are making progress.

WRITING A GRATITUDE LIST

(ADAPTED FROM NT LIFE: LITTLE BOX OF HOPE)

You can keep adding to this list over time. Include the things we take for granted e.g. running water, food, home, and electricity. Then add the things that are unique to you: e.g. a good laugh, a good friend, being thoughtful, being a good listener etc.

Then add things that you care about: friends, family pets etc. As you write them down include why it is you are grateful.

Sometimes some surprising things come up - it can be in our struggles we find our strengths and our rejections can be redirections to better things.

LETTERS TO YOURSELF

(ADAPTED FROM FOCUS MENTAL WELLNESS)

What would you say to your love ones or friends when they are experiencing grief? We are always our own worst critics. This time, switch it up, try to imagine yourself as your friend. What would you say to yourself? Or write a love letter to yourself, where you express positive affirmations like “I am enough. I love myself deeply”. This type of letter intends to build up your mood, and self-compassion, and appreciate the things you’ve done and the life you’ve lived.