What matters most to me

Take a moment to reflect on the people, activities, values, or belongings that feel most important to you.

What brings you joy, comfort or peace? What do you want to make space for in your life?



What feels hard right now

Take a moment to name what feels difficult about your current situation, without judgment.



Who supports me



Take a moment to think about the people, services or communities you can turn to. These might be family, friends, neighbours, support groups, professionals or online communities.

Write their names below or draw a support map in the space provided.

Questions I’d like to ask a counselor

Write any questions or concerns you would like to bring to a counseling session.

