

# What makes my life worth living?

Take a few minutes to reflect. There are no right or wrong answers - just what feels true for you right now and you can add to this anytime.

My Anchors



Who and/or what keeps me steady? People, places, activities...

My Strengths



What attributes have helped me through tough times?

My Joys



What experiences, joys, or small things make life meaningful?

My Plans



What am I looking forward to doing or experiencing?

My Support



Who can I talk to? Family, friends, professionals, helplines...

**Solène Anglaret**

Consultant, Coach & Creative

Founder of Be Beyond Borders

[www.bebeyondborders.com](http://www.bebeyondborders.com)

@bebeyondborders

Watch and share award-winning short film: 'Still Here?'

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My Reminder

What do I most need to remember when I'm struggling with my mental health?