MY LITTLE BOOK OF CHANGE

SMILE
Welcome to SMILE

SMILE is a programme to help you think about and then make the changes you want to make.

SMILE stands for:

**S** - Self-Determined - Take charge of your life. Only you can decide what and if to change.

**M** - Mindful - Living in the present moment can help us see and think clearly.

**I** - Ideals - We are more satisfied when we are leading a life that is in line with the things that are important to us—our values.

**L** - Living and Laughter - Finding enjoyment in life can benefit our health and well being.

**E** - Embracing Life - Accepting the life we have can help us feel satisfied and open to trying new things and doing things differently.

You may want to make changes about your personal life, health, work, your mood, your confidence or your lifestyle. They could be big changes or little changes. You may not even know what you want to change or if you want to change. It really doesn’t matter. You don’t even need to share what it is that you want to or are thinking about changing. That’s for you to keep private if you want to. The only thing we will want to know is if you have become closer to making the changes that you are thinking about at the end of the programme.
To decide where you want to go you need to know where you are starting from …………..

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<tr>
<th>Confidence - Feel that you can do something and believe in your abilities</th>
<th>Optimism - Feel hopeful and confident about the future</th>
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<th>Satisfied with Life - Feel happy when you look at your life as a whole</th>
<th>Health and Wellbeing - Take care of your mind and your body</th>
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<th>Relaxed, calm and at peace with life</th>
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Week One

I believe in me

I know what is important to me

I’m taking steps towards the life I want to lead

I want to work on......
The Gifts and Talents of your Head, Heart and Hands

What do you know a lot about?
What are you interested? What interests and passions do you enjoy sharing with others?

What do you do to help others?

What skills do you have that could be helpful to others?
My Values - The things that are important to me........

Place your values on the bullseye board. The closer to the centre, that you place them, the closer that you are living your life in line with your values.
Thinking about Change – Ask yourself these questions.

1. What is it that you would like to change?

2. What are your reasons for wanting to make this change?

3. If you decided to make the change, how would you go about it?

4. What could be the main advantage of making the change?

5. How important is it for you to make this change and why?

6. What do you think you will do?
Week Two

I believe in me

I know what is important to me

I’m taking steps towards the life I want to lead

The change that I plan to work on is ....

CHANGE AHEAD
Reflecting on my journey so far……. (You can use this half way through the programme or at the end….It’s up to you)

Body of the house: Note the existing skills, gifts and talents that you have.
Roof: Note the things that you have learned about yourself on the programme.
Skip: Note the things you may want to stop doing or change.
Shed: Note the things that you may want to do next, maybe not this week or even this year. These could be longer term goals.
Tree: Note the benefits that you are feeling from change or the benefits you feel you may experience if you make change.
Week Three

I believe in me

I know what is important to me

I’m taking steps towards the life I want to lead

My progress......
| So What?                        | Confidence -  
Trust that you can do something and believe in your abilities | Optimism - Feel hopeful and confident about the future |
|--------------------------------|------------------------------------------------------------------|--------------------------------------------------|
| Self Esteem -  
Believe in your own worth / value | Motivation - Have a desire or need to do something that will bring about a positive change |
| Satisfied with Life - Feel happy when you look at your life as a whole | Health and Wellbeing - Take care of your mind and your body |
| Relaxed, calm and at peace with life | Have good relationships with others |
Week Four

I believe in me
I know what is important to me
I’m taking steps towards the life I want to lead

I have achieved........

NICE JOB!
What Next?

What am I going to do?

How am I going to do it and when?

How will I help myself if I get stuck?

Who else will help if I get stuck?

What do I know about myself that will help me on my way?
Activities to help us stay Present

Take Ten Breaths
1. Take ten slow, deep breaths. Focus on breathing out as slowly as possible until the lungs are completely empty—and then allow them to refill by themselves.
3. Follow the breath through your body.
4. See if you can let your thoughts come and go as if they’re just passing cars, driving past outside your house.
5. Then look around the room and notice what you can see, hear, smell, touch, and feel.

Drop Anchor
1. Plant your feet into the floor.
2. Push them down—notice the floor beneath you, supporting you.
3. Notice the muscle tension in your legs as you push your feet down.
4. Notice your entire body—and the feeling of gravity flowing down through your head, spine, and legs into your feet. Relax your hands.
5. Now look around and notice what you can see and hear around you. Notice where you are and what you’re doing.

Notice Five Things
1. Pause for a moment
2. Look around and notice five things that you can see.
3. Listen carefully and notice five things that you can hear.
4. Notice five things that you can feel in contact with your body (for example, your watch against your wrist, your trousers against your legs, the air on your face, your feet upon the floor, your back against the chair).

Tagging the Feelings
You can do this anywhere, on the bus, whilst walking, in the shower.
Follow the feeling of your breath going in and out.
If you sense an emotion try and hone it on the area of the body where you feel it most. Try to label that feeling with whatever word comes into your head. When you label an emotion, the intensity of the emotion lowers. Name it to tame it.
You aren’t trying to make the emotion go away, you’re sitting with it like you would with a friend who’s struggling and you’re helping them find the right word that says it all.
If the emotion becomes too intense go back to focussing on the breath or do something else that you enjoy.
Morning routines

Pick an activity that you do every morning, such as brushing your teeth, shaving, or having a shower. When you do it, totally focus on what you are doing: the body movements, the taste, the touch, the smell, the sight, the sound etc.

For example, when you’re in the shower, notice the sounds of the water as it sprays out of the nozzle, and as it hits your body as it gurgles down the hole. Notice the temperature of the water, and the feel of it in your hair, and on your shoulders, and running down your legs. Notice the smell of the soap and shampoo, and the feel of them against your skin. Notice the sight of the water droplets on the walls or shower screen, the water dripping down your body and the steam rising upwards. Notice the movements of your arms as you wash or scrub or shampoo.

Mindfulness when enjoying yourself

Pick an activity you enjoy such as cuddling with a loved one, eating lunch, stroking the cat, playing with the dog, walking in the park, listening to music, having a soothing hot bath, and so on. Do this activity mindfully: engage in it fully, using all five of your senses, and savour every moment. If and when your attention wanders, as soon as you realise it, note what distracted you, and re-engage in whatever you’re doing.

Household tasks

Pick a task that you normally try to rush through, or distract yourself from; or one for which you just ‘grit your teeth’ and try to ‘get through it’. For example: ironing clothes, washing dishes, vacuuming floors, making the kids’ lunches. Aim to do this chore as a mindfulness practice.

E.g., when ironing clothes: notice the colour and shape of the clothing, and the pattern made by the creases, and the new pattern as the creases disappear. Notice the hiss of the steam, the creak of the ironing board, the faint sound of the iron moving over the material. Notice the grip of your hand on the iron, and the movement of your arm and your shoulder.

If boredom or frustration arises, simply acknowledge it, and bring your attention back to the task at hand. When thoughts arise, acknowledge them, let them be, and bring your attention back to what you are doing.

Again and again, your attention will wander. As soon as you realise this has happened, gently acknowledge it, note what distracted you, and bring your attention back to your current activity.
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