

Think about **SMALL** steps you can take to **CHALLENGE** any habits you have fallen into which might be maintaining your current low mood.

1-2-3

Keep in mind the idea of 1-2-3 to help you to focus on your achievements on a regular basis:

1 One thing I like about myself today....	
2 Two things I have succeeded in doing this week to help improve my mood.....	
3 Three things I have achieved in my life this month...	