MY TOOLBOX

A Personal Collection of Resources & Strengths

Life Balance Toolbox

How to Use This Toolbox

- Take your time filling in each section — there are no wrong answers.
- Click on any shaded field to type your responses directly in this PDF.
- Save this file and revisit it anytime as your toolbox grows and evolves.
- This is your personal resource — make it truly yours.

My "Battery Charging Activities"

People, places, things and activities that you enjoy and that help you relax (without negative consequences.)

My Relaxation Techniques

Techniques you may have learned from therapy, a class, or the media – intended to create relaxation in the body and mind. (Examples – breathing techniques, meditation techniques, visualization, progressive muscle relaxation, etc.)

My Cognitive Tools

Anything you know to do to help you manage your thoughts.

My Forms of Creative Expression

Anything that you do to express yourself.

MY PHYSICAL SELF CARE

My Ideal Way of Eating & Hydrating

Diet type, times of eating, water intake, etc.

My Medications & Supplements

If applicable, list your current medications and supplements.

My Favorite Forms of Movement / Exercise

My Sleep Hygiene Plan

Anything you know to do to promote healthy sleep habits.

MY SOCIAL ENGAGEMENT

The People I Can Call

Groups / Organizations I Can Turn To

Based on interests and needs.

MY INNER RESOURCES

My Strengths

My Favorite Memories

My "Safe Place" and "Inner Helpers"

**Fill out after we create these in therapy.*

My Self-Affirmations

Things you may want to hear from others that you can tell yourself (examples: "you are more than enough," "you can handle whatever comes your way" etc.)

My MUPS

MUPS – "Mess-U-UP" behavioral patterns that help you in the short term, but create negative consequences in the longer term (examples: substance abuse, anger explosions, suicidal thoughts, self-harm, etc.)

MUP Behavior	MUP Activating Situations	Typical Consequences	Alternative Tools to Reduce Distress

REFLECTION

1. What resources and strengths in your toolbox are you already utilizing or interacting with on a regular basis (daily, weekly, bi-weekly or monthly)?

2. What resources and strengths in your toolbox are underutilized? What are some ways to re-integrate these into your life without creating more stress on your system?

3. How do you feel about your toolbox? Was this exercise helpful in any way?

Remember — your toolbox is always growing. ■

Save this PDF and revisit it whenever you need a reminder of your resources.