Take time for honest self-reflection. Am I determining who I am or am I being defined by external circumstances or people? Is this who I want to be moving forward?

We all have the capacity to grow into the people we want to become. Start to make a plan to become the best version of yourself.

1. Clarify Foundation
   What words describe my identity, belonging, and purpose?

2. Acknowledgement
   Take time for honest self-reflection. Am I determining who I am or am I being defined by external circumstances or people? Is this who I want to be moving forward?

3. Acceptance
   How can I accept who I am today, in order to take responsibility for who I want to become?

4. Reclaim Power of Choice
   Regardless of past, who would I like to be? How would I like to benefit my loved ones?
Create Your Action Plan...

Implement practical steps to achieve healing, growth, self-reliance, structure, and stability. Prayer, meditation, intentionality, exercise, journaling, healthy coping mechanisms, healthy communication, etc.

5 Healing & Growth Activities
List some activities that could heal and grow into the person I want to become...

Examples of Healing & Growth Activities:
- Start a Journal
- Unplug
- Take a Walk
- Pray
- Talk to an Elder
- Plant a garden
- Make Art
- Sit by a body of water
- Make a funny video
- Sing
- Meditate
- Volunteer
- Play with my pet
- Dance
- Write
- List 3 things I’m grateful for
- Talk to a Friend
- Take a Shower
- Breathing Exercises
- Listen to Music
- Read a Book
- Daydream
- Play Basketball
- Talk to a Friend
- Write a song
- Eat with my family
- Look at the Stars
- Connect with my Culture
- Be nice to Someone
- Laugh
- Sweat
- Learn my Language
- Nap...Create Your Own!

6 Make these Activities a Part of Your Life!

Make these activities a part of your daily or weekly life. This can help you to be the best version of yourself.

To help get you started, put a check mark on the days you want to incorporate these activities into your life. Then, work to make them a part of your habits. You’ve Got This!

WEEK 1

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WEEK 2

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