



The Ten Footsteps Programme

Use this bus tool to think about where you are now and what you want from the Ten Footsteps Programme. Print it out and fill it in - and bring it to the first session. If you can't print it out simply draw something yourself (don't worry if you can't draw - it's just for you to get you thinking).

What are your goals on this journey?
Example:
'connected': visit my sister on Tuesdays

Where are you now?

What is your destination?

Place your pain on the bus.
Is it:

- on the back seat
- behind the driver's seat
- under the wheel arch
- on the roof
- somewhere else?

Who will be the driver?
Myself? The Pain? Others on the bus?

Who do you want to come with you on your journey? Write their names here.

Write in the skills, know-how and tools or resources that help you self-manage on this journey

Healthy

Happy

Active

Connected

Calling Stops

Active

Happy

Healthy

Connected