



Like video game characters we have attributes too! What would you be like in a video game?

## **Build your character below!**

Draw your character



# WHAT ARE YOUR CHARACTER'S STRENGTHS?

WHAT WOULD YOU LIKE	
YOUR CHARACTER TO	
IMPROVE ON?	



# **YOUR MISSION**

Like video games, we can also level up! We can do this by facing fears, talking about how we are feeling, improving our resilience and trying new things.

MISSION 1: Choose something you would like to work on, your 'ultimate mission'

Every mission needs a plan! Plan how you MISSION 2: would do this. Do you need to break it down into smaller side quests?

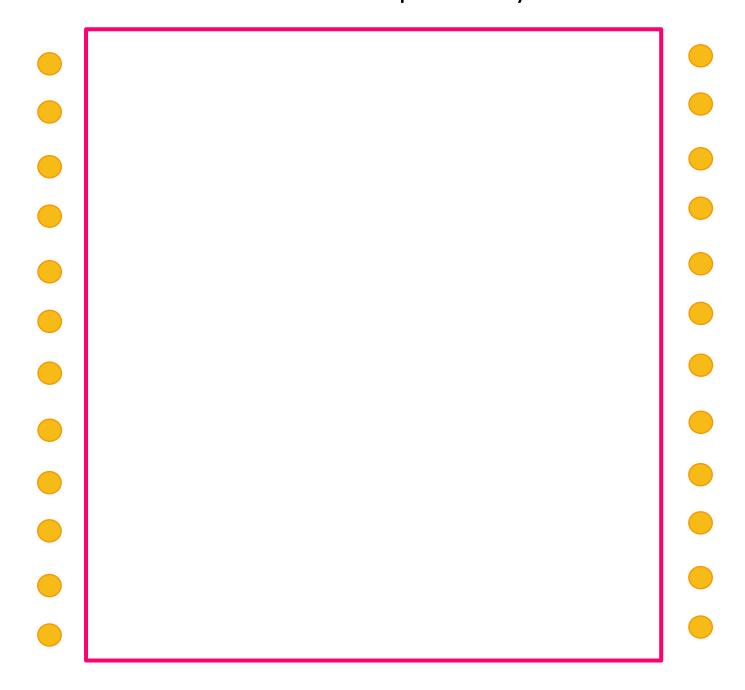
MISSION 3: Complete your steps and <u>level</u> up your character!

**Mission Objective:** e.g. Talking more about how I am feeling, facing a fear etc.



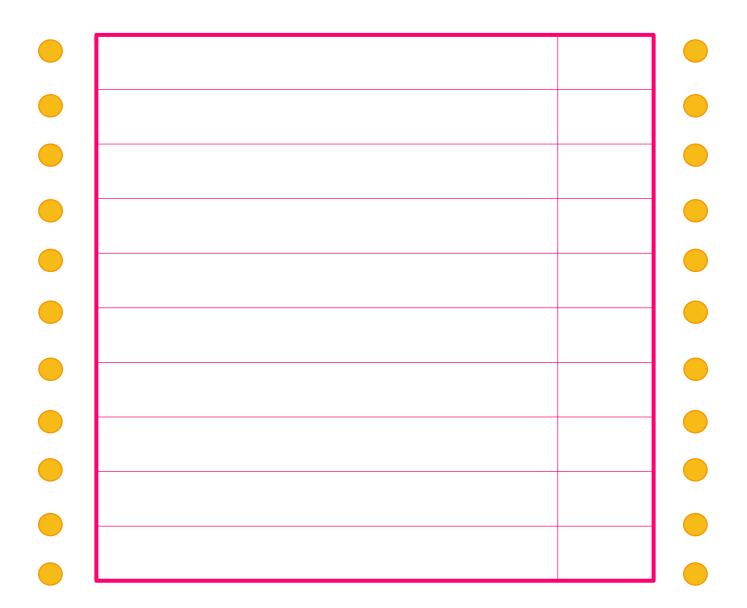
#### **Mission Plan:**

- What do I need to complete my mission?
- Do I need team mates to help me?
- How can I break down the goal into steps?
- How will I know I have completed my mission?





Use the below to set our your quests in order to track and complete your ultimate mission. Tick the box when you feel ready to move onto the next quest.



### **Mission Complete**

**ACHIEVEMENT UNLOCKED: LEVELED UP!**