

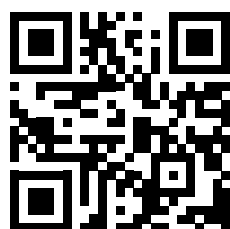
# JOURNAL

Your Road Starts Here



Working out your next steps after finishing school can be tricky. It can feel like there are so many choices and possibilities before you, which can be exciting as well as scary.

We've created this journal to help you on your way. It's filled with pages where you can dump your thoughts and tools you can use to plan and dream. Click [this link](#) or scan the QR code for heaps of videos and tips from other young legends figuring out life after school.



Your Road Starts Here is proudly presented by  
headspace and Lead by Story with funding from  
the Hunter New England Central Coast  
Primary Health Network.

**lead by**  
**story**



# **YOUR ROAD STARTS HERE JOURNAL**



# THE KEYS ARE IN YOUR HANDS NOW...

Growing up, school takes up a lot of your life.

6 hours a day. 5 days a week.

You start as a kid. You finish as a young adult.

Someone else sets your schedule and decides where you've got to be.

Imagine it like this:

Your life until now, has been a trip down a long, familiar road.

You've been sitting in the passenger seat, watching the same scenery roll by.

All of a sudden, the car pulls over. The driver hands you the keys and says 'take it from here'.

Where are you going to go?

The keys are in your hand now.

The pace is yours to set.

And there's more than one way to get where you're going.

Your road starts here.

# 7 KEY AREAS OF LIFE:

We reckon finding your road is a process of understanding and working on these 7 areas. Click on one or Scan the QR code to explore each one.

 **YOU**

 **PEOPLE**

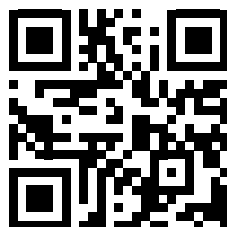
 **PLACE**

 **PURPOSE**

 **VOCATION**

 **DIRECTION**

 **ADULTING**



# ABOUT ME

Name:

Age:

3 things I love:

3 words my friends would use to describe me:

A place I feel home:

A favourite memory:



My values:



# DAILY JOURNAL

→ 3 things I'm grateful for today:

→ List 1 main thing you want to get done today  
(or tomorrow if you're journaling in the evening).

→ Dump anything else that's on your mind!



# DAILY JOURNAL

→ 3 things I'm grateful for today:

→ List 1 main thing you want to get done today  
(or tomorrow if you're journaling in the evening).

→ Dump anything else that's on your mind!



# DAILY JOURNAL

→ 3 things I'm grateful for today:

→ List 1 main thing you want to get done today  
(or tomorrow if you're journaling in the evening).

→ Dump anything else that's on your mind!



# DESIGNING MY IDEAL WEEK

Routine is an essential part of life. Even for those of us who like adventure and variety, basic routines can play a really important part in helping us to feel grounded and ready for what may come our way each day.

Imagine a professional athlete about to run a race. For them, the race doesn't start when the starting gun goes off. It might have started hours before, with choosing what to eat, what to wear and what playlist to get psyched up to.

When you're at school, a lot of decisions about your weekly routine are made for you. After school, building your own routines can take trial and error. Take some time now to imagine your 'ideal' week.



# MY IDEAL WEEK

	Morning	Midday	Evening
S			
M			
T			
W			
T			
F			
S			

Notes

# MY HEALTHY HEADSPACE HABITS



Mental health isn't something that just 'happens'. Just like our body needs things like good food, water, movement and sleep to stay healthy, so do our minds. Learning how to care for and build your mental health is part of growing up, and it can look a little different for each one of us.

A 'healthy headspace habit' is any small action you take regularly to care for your mental health. Experiment and find the ones that help you best.

**HERE ARE SOME  
EXAMPLES FROM OTHER  
YOUNG PEOPLE, ABOUT THE  
THINGS THEY DO TO CARE  
FOR THEIR HEADSPACE:**

‘I turn notifications  
off on my phone’

‘I hang out with my dog’

‘I read a good book’

‘I get back into nature’

‘I check in with my mates’

‘I keep up my hobbies’

‘I go for a surf’

Spend some time to write down the healthy headspace habits you want to build into your days and weeks (feel free to tick some of the examples below, or come up with your own).



# DAILY HABITS (EXAMPLES):

I drink a glass of water when I wake up in the morning.

I do a breathing exercise.

I write down 3 things I'm grateful for.

I have a screen-free wind-down routine before bed.



# WEEKLY HABITS:

I catch up with my mates for a yarn.

I go for a swim at the beach.

I cook a meal I love to eat.

**Tip 1:** Don't overcommit, better to choose 1 or 2 to focus on at a time rather than trying everything at once.

**Tip 2:** Be specific. Instead of 'get enough sleep', try something like 'I get into bed by 10pm and read for 20 minutes.'



**HABITS I WANT TO BUILD:**

Date \_\_\_\_\_

# HOW TO SET GOALS YOU'LL ACTUALLY HIT

Ever heard of a SMART goal?

It stands for:

SPECIFIC

MEASURABLE

ACHIEVABLE

RELEVANT

TIME-BASED

A simple goal might look like:

I want to learn an instrument.

Here's how to SMARTen it up:

I want to learn beginner guitar, so for the next 8 weeks I'm going to do a guitar lesson on YouTube, every Tuesday night. By the end I'll be able to play at least 5 chords.

Feel the difference?

So, what are some goals you want to work on?

Start by doing a brain-dump of anything that comes to mind.  
And then choose one or two ideas to turn into SMART goals.



Brain dump – things I want to work on: ↓

Getting SMART – The goal I want to work on right now is: ↓

# DAILY JOURNAL

→ 3 things I'm grateful for today:

→ List 1 main thing you want to get done today  
(or tomorrow if you're journaling in the evening).

→ Dump anything else that's on your mind!

# DAILY JOURNAL

→ 3 things I'm grateful for today:

→ List 1 main thing you want to get done today  
(or tomorrow if you're journaling in the evening).

→ Dump anything else that's on your mind!



# DAILY JOURNAL

→ 3 things I'm grateful for today:

→ List 1 main thing you want to get done today  
(or tomorrow if you're journaling in the evening).

→ Dump anything else that's on your mind!

# DAILY JOURNAL

→ 3 things I'm grateful for today:

→ List 1 main thing you want to get done today  
(or tomorrow if you're journaling in the evening).

→ Dump anything else that's on your mind!



**JOURNAL PAGE....**  
**WRITE ANYTHING!**

Date \_\_\_\_\_

**JOURNAL PAGE...**  
**WRITE ANYTHING!**

Date \_\_\_\_\_

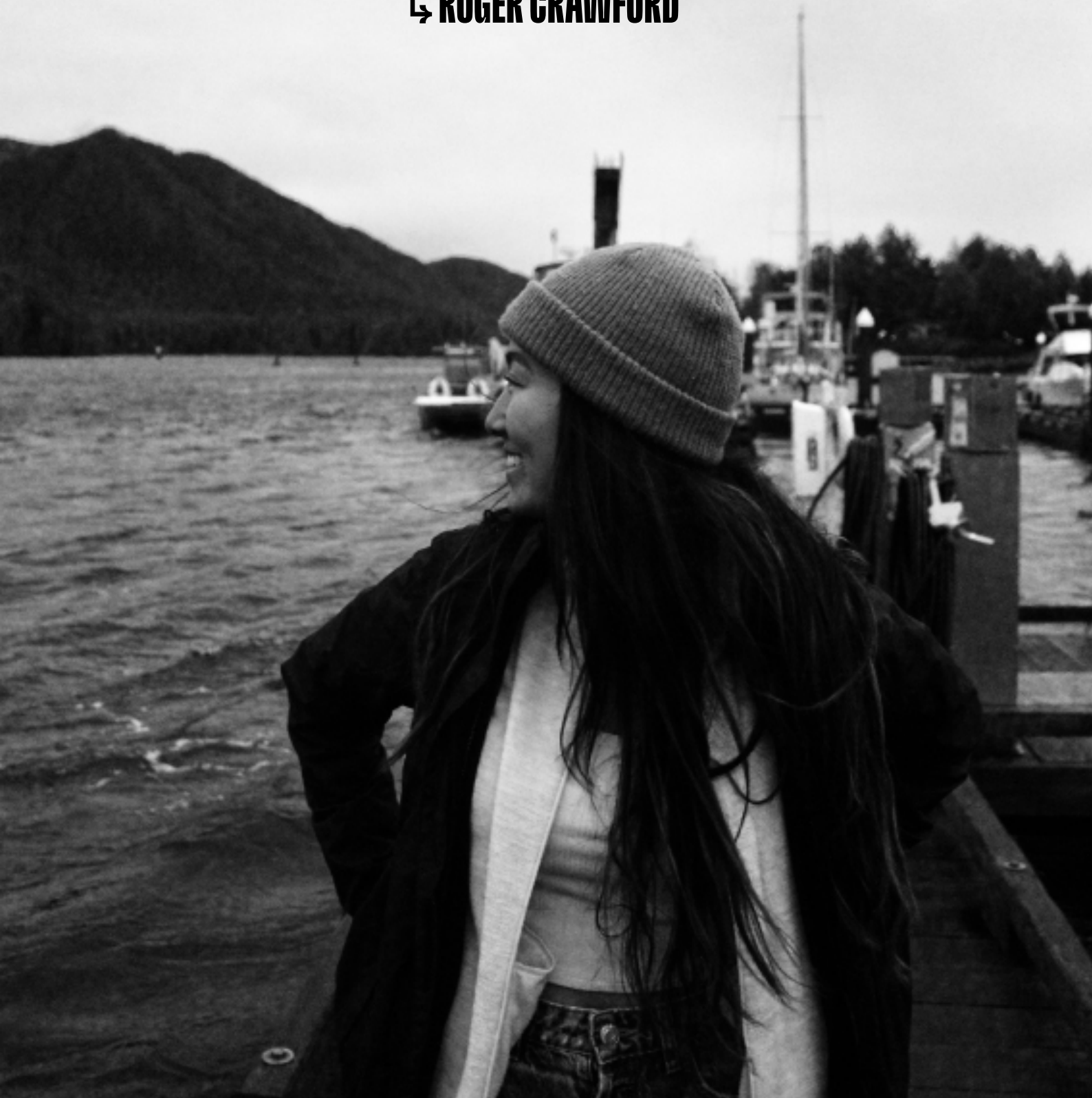
**JOURNAL PAGE...**  
**WRITE ANYTHING!**

Date \_\_\_\_\_



**BEING CHALLENGED IN LIFE IS INEVITABLE,  
BEING DEFEATED IS OPTIONAL.**

**↳ ROGER CRAWFORD**



**JOURNAL PAGE...**  
**WRITE ANYTHING!**

Date \_\_\_\_\_

**JOURNAL PAGE...**  
**WRITE ANYTHING!**

Date \_\_\_\_\_

# DAILY JOURNAL

→ 3 things I'm grateful for today:

→ List 1 main thing you want to get done today  
(or tomorrow if you're journaling in the evening).

→ Dump anything else that's on your mind!

# DAILY JOURNAL

→ 3 things I'm grateful for today:

→ List 1 main thing you want to get done today  
(or tomorrow if you're journaling in the evening).

→ Dump anything else that's on your mind!



**JOURNAL PAGE...**  
**WRITE ANYTHING!**

Date \_\_\_\_\_

**“NOTHING IS IMPOSSIBLE.  
THE WORD ITSELF SAYS ‘I’M POSSIBLE.’”**

**↳ AUDREY HEPBURN**



**JOURNAL PAGE...**  
**WRITE ANYTHING!**

Date \_\_\_\_\_



**JOURNAL PAGE...**  
**WRITE ANYTHING!**

Date \_\_\_\_\_

**JOURNAL PAGE...**  
**WRITE ANYTHING!**

Date \_\_\_\_\_

**“ALL THE WORLD IS MY SCHOOL  
AND ALL HUMANITY IS MY TEACHER.”**

↳ **GEORGE WHITMAN**



**JOURNAL PAGE...**  
**WRITE ANYTHING!**

Date \_\_\_\_\_

**JOURNAL PAGE...**  
**WRITE ANYTHING!**

Date \_\_\_\_\_

**JOURNAL PAGE...**  
**WRITE ANYTHING!**

Date \_\_\_\_\_

**"TAKE CARE OF YOUR BODY.  
IT'S THE ONLY PLACE YOU HAVE TO LIVE IN."**

↳ **JIMM ROHN**



EST. 2008  
**care self**  
SWIMMING BY MAC MILLER

**JOURNAL PAGE...**  
**WRITE ANYTHING!**

Date \_\_\_\_\_



**JOURNAL PAGE...**  
**WRITE ANYTHING!**

Date \_\_\_\_\_

**“LIFE ISN’T ABOUT FINDING YOURSELF.  
LIFE IS ABOUT CREATING YOURSELF.”**

**↳ GEORGE BERNARD SHAW**



**JOURNAL PAGE...**  
**WRITE ANYTHING!**

Date \_\_\_\_\_

**JOURNAL PAGE...**  
**WRITE ANYTHING!**

Date \_\_\_\_\_

**JOURNAL PAGE...**  
**WRITE ANYTHING!**

Date \_\_\_\_\_

**JOURNAL PAGE...**  
**WRITE ANYTHING!**

Date \_\_\_\_\_

**JOURNAL PAGE...**  
**WRITE ANYTHING!**

Date \_\_\_\_\_

**JOURNAL PAGE...**  
**WRITE ANYTHING!**

Date \_\_\_\_\_



A woman with long dark hair, wearing a white long-sleeved top and light blue trousers, is walking away from the camera on a paved path. The path is surrounded by lush greenery and tall trees, with sunlight filtering through the leaves. The overall mood is peaceful and contemplative.

**“YOUR VALUES BECOME YOUR DESTINY”**

↳ CHANDI

**JOURNAL PAGE...**  
**WRITE ANYTHING!**

Date \_\_\_\_\_

**JOURNAL PAGE...**  
**WRITE ANYTHING!**

Date \_\_\_\_\_



# QUARTERLY JOURNAL

Every few months it can be helpful to look at your life from a 'birds eye view'.

Put a reminder in your phone on the first day of each new season, take yourself out for a coffee and use some of these questions to think about where you're at.

√ Some significant things that happened in the last 3 months....

√ Recently, I've been feeling....

√ Something I've been learning about myself is....

√ Something that has been challenging recently....

√ Something I'm proud of myself for....

√ Have I reached any goals/milestones in the last 3 months?

√ Are there any goals/milestones I want to reach in the next 3 months?

√ Is there anyone I need to get some help or support from?

**JOURNAL PAGE...**  
**WRITE ANYTHING!**

Date \_\_\_\_\_

**JOURNAL PAGE...**  
**WRITE ANYTHING!**

Date \_\_\_\_\_



**JOURNAL PAGE...**  
**WRITE ANYTHING!**

Date \_\_\_\_\_

**BE YOURSELF; EVERYONE ELSE IS ALREADY TAKEN.**

↳ **OSCAR WILDE**



**JOURNAL PAGE...**  
**WRITE ANYTHING!**

Date \_\_\_\_\_

**JOURNAL PAGE...**  
**WRITE ANYTHING!**

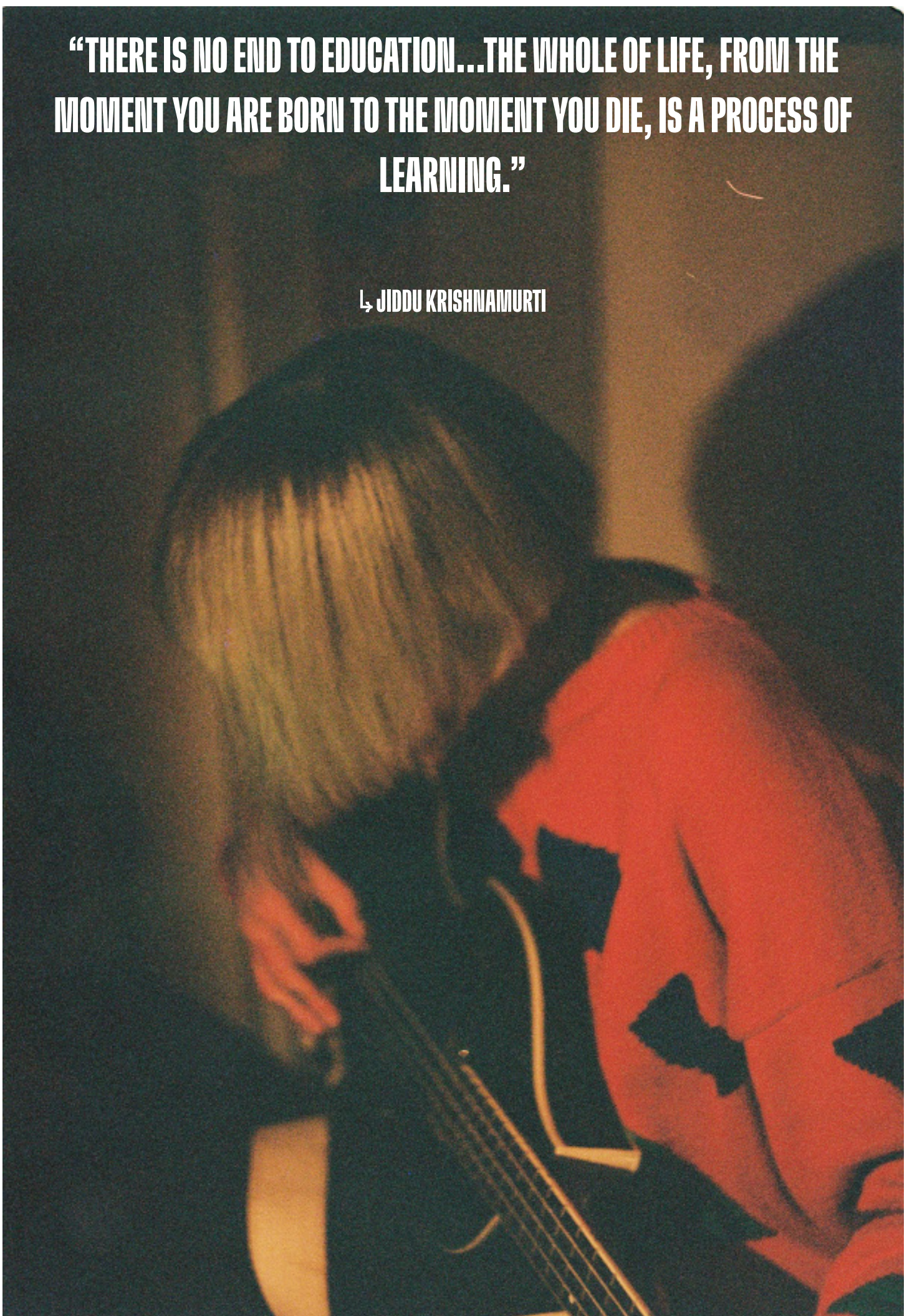
Date \_\_\_\_\_

**JOURNAL PAGE...**  
**WRITE ANYTHING!**

Date \_\_\_\_\_

**“THERE IS NO END TO EDUCATION...THE WHOLE OF LIFE, FROM THE  
MOMENT YOU ARE BORN TO THE MOMENT YOU DIE, IS A PROCESS OF  
LEARNING.”**

**↳ JIDDU KRISHNAMURTI**



**JOURNAL PAGE...**  
**WRITE ANYTHING!**

Date \_\_\_\_\_

**JOURNAL PAGE...**  
**WRITE ANYTHING!**

Date \_\_\_\_\_

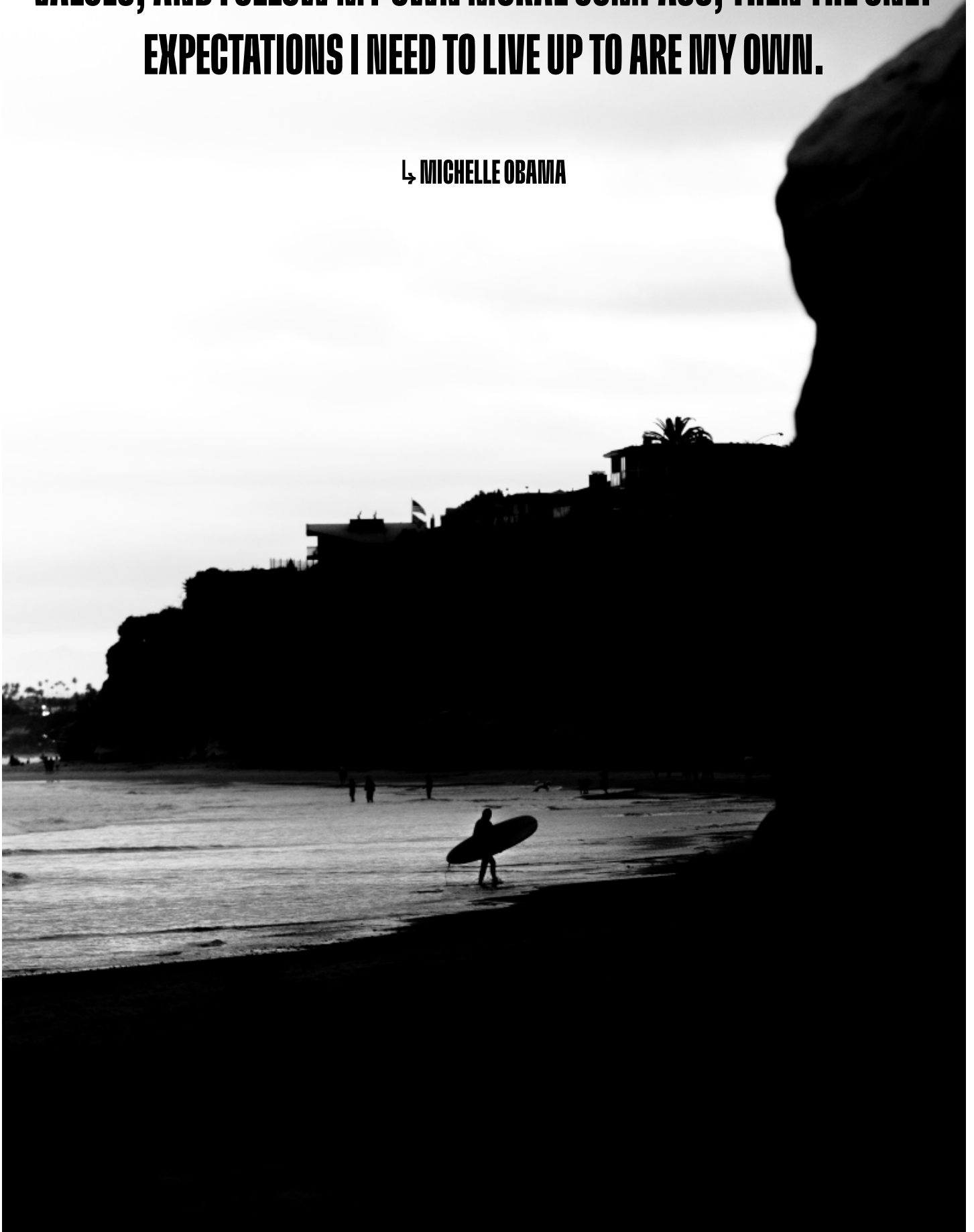


**JOURNAL PAGE...**  
**WRITE ANYTHING!**

Date \_\_\_\_\_

**I HAVE LEARNED THAT AS LONG AS I HOLD FAST TO MY BELIEFS AND VALUES, AND FOLLOW MY OWN MORAL COMPASS, THEN THE ONLY EXPECTATIONS I NEED TO LIVE UP TO ARE MY OWN.**

**↳ MICHELLE OBAMA**



**JOURNAL PAGE...**  
**WRITE ANYTHING!**

Date \_\_\_\_\_

**JOURNAL PAGE...**  
**WRITE ANYTHING!**

Date \_\_\_\_\_

**JOURNAL PAGE...**  
**WRITE ANYTHING!**

Date \_\_\_\_\_



**“HEALTH IS A VEHICLE, NOT A DESTINATION.”**

↳ **JOSHUA FIELDS MILLBURN**