

CHIME

Connected



We can feel connected to people, like our friends and family, or maybe to a hobby or animals.

What do you feel connected to?

Hope



Hope is looking forward to the future. It is making plans, not giving up when times are difficult and knowing we can change and grow.

Identity (Me)



I am an individual. People need to be seen for who they are and not a label they may be given. Identity is about knowing who you are and what you want.

Meaning



We may like volunteering or working. We may join a local club, meet friends or enjoy taking a walk. Things like this can give us a sense of meaning in life.

What gives you meaning?

Empower



Being empowered is standing tall, being heard and being seen for who you are and what you believe in, while respecting others.

We can set our own goals, and work towards them.

Chime for you: please write below

Connected



Hope



**Identity
(Me)**



Meaning



Empower

