

# Client Development Activity Pack!

In this pack you will find challenges, exercises and activities to help you pass some time and take care of your wellbeing. We will be sending one of these packs to your service every Tuesday and Friday. Remember to pick up your copy! We hope you find it helpful.

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## Daily Affirmation;

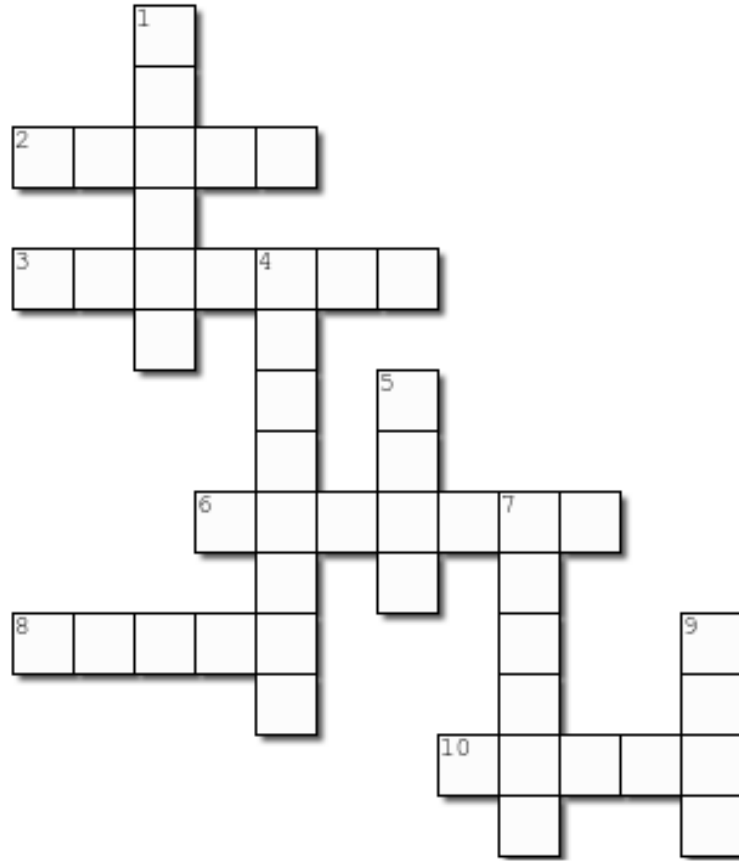
**Today, I abandon my old habits and take up new, more positive ones.**



Client Development would love to hear your feedback! Tell us what you would like to see more of in these activity packs. Send us photos of your activities and we will include them in the next issue. Contact us by email at [cd@dubsimon.ie](mailto:cd@dubsimon.ie).

# Crossword

Read the clues and questions below. Fill the answers into the grid.  
Good luck!

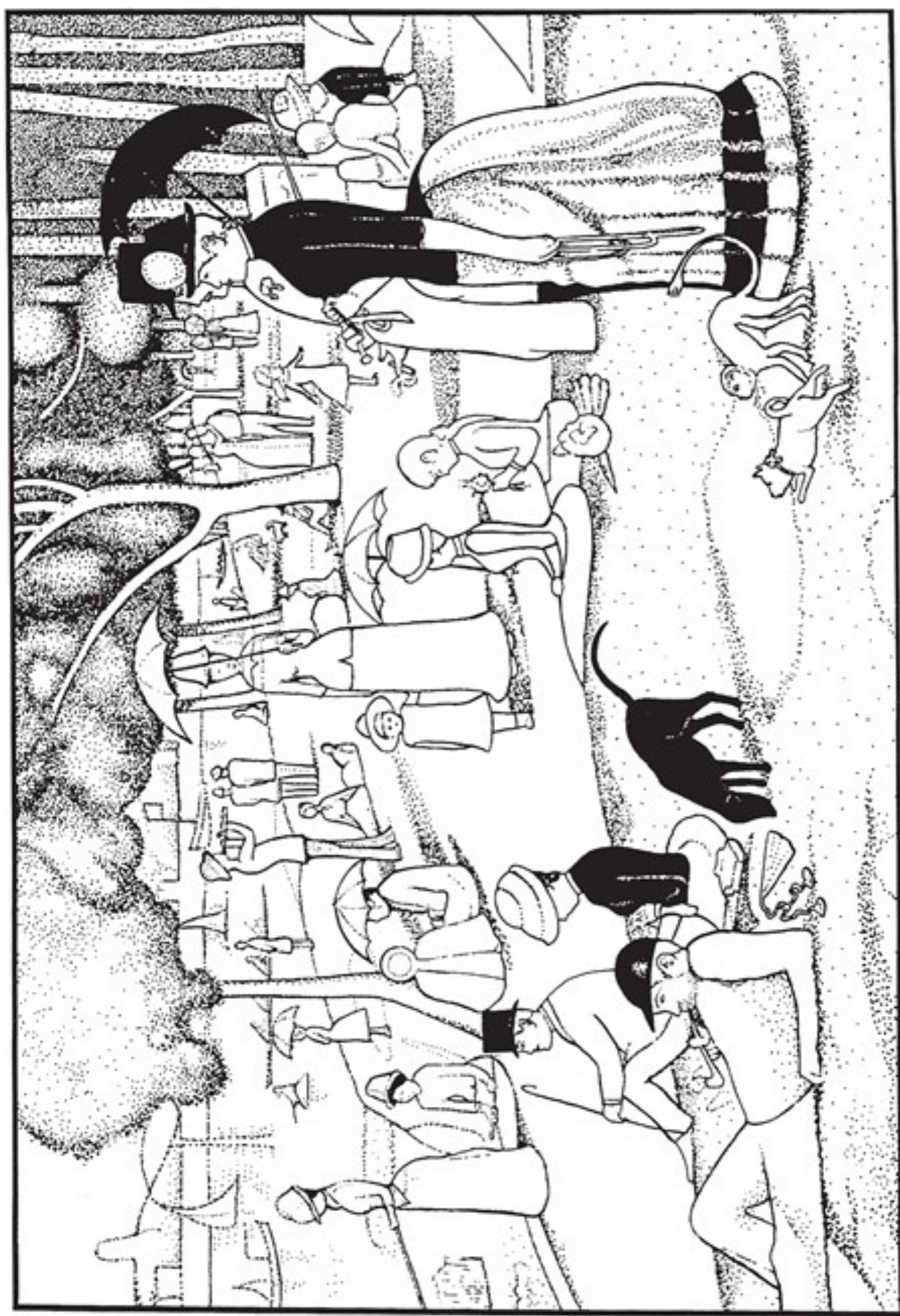


## Down

1. Fictional city where batman lives.
4. Large animal with trunk.
5. Where do birds lay their eggs?
7. Capital city in Portugal.
9. Largest county in Ireland.

## Across

2. H<sub>2</sub>O is the chemical formula for what liquid?
3. What is sushi traditionally wrapped in?
6. Sound heard at sports games.
8. What band sang Bohemian Rhapsody?
10. Name of the father in Simpsons.

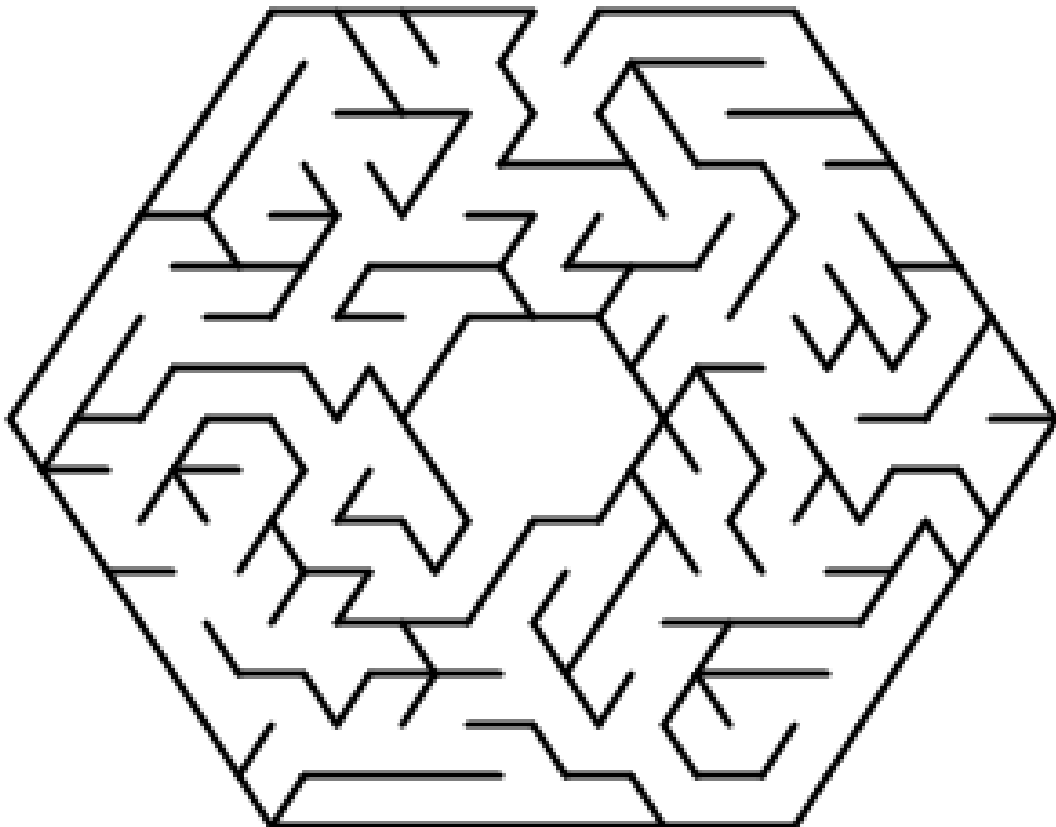


*Georges Seurat. Sunday Afternoon on the Island of La Grande Jatte, 1884–86.*

# Maze

Start at the top of the maze where there is a gap. Use a pencil to draw a path through the maze to reach the opening at the centre of the maze.

Start



# Increasing Motivation

**1) Identify values or your life direction:** what do you want to work towards? What is really important to you? What gives your life meaning and purpose?

**2) Set one goal;**

- Plan steps on the way to your goal: How? When? With?
- Add meaning and purpose: Who or what am I doing this for? How will it help?
- Consider possible obstacles and how to overcome them

**3) Tell others about your plans:** get their feedback and support.

**4) Pros and cons:** what will change if I do nothing? What will I (or others) gain from doing this?

**5) Stop unhelpful habits:** think about changing your daily activity. Create a healthy balance of work, rest and play.

**6) Acknowledge success:** reward yourself when you reach each step. Review each day. Every morning, ask yourself “What can I do today?”. At the end of each day ask yourself; “What have I achieved today, however small?” Write it down.

**7) Acknowledge unhelpful or negative thoughts and feelings;**

- Use positive and encouraging self-talk; be your own coach
- Practise self-compassion instead of self-criticism
- Change your focus of attention towards values and goals

**8) Visualise success:** use your imagination, see yourself in your mind’s eye starting out on your first steps, seeing things through and achieving your goal. Imagine how that would feel. Imagine the feedback from others.

**9) Act the role:** choose someone to act as a role model, whether fictional or real. Imagine yourself acting in the character of that person, achieving your goal.

**10) Do it!**

- In spite of thoughts or feelings...take action!
- Just do it!
- Stick with it!



For more information please contact Sure Steps  
Counselling on 01 6354882 or  
[surestepscounselling@dubsimon.ie](mailto:surestepscounselling@dubsimon.ie)