



## **My Personal Toolkit Menu**

This is your space to explore what supports your body between treatments. Use the prompts below to reflect, experiment, and personalise your toolkit.

### **1. What are your common “off” days?**

Think about when you tend to feel tight, tired, flat, or sore. What areas speak up first?

*Write a few notes below:*

### **2. What already helps?**

List 3–5 things that tend to help you feel more comfortable or supported.

### **3. What would you like to try?**

List 2–3 techniques or tools you’re curious about, or would like to experiment with from the course.



#### 4. Insights from Your Worksheets

Refer back to your:

- Body Signal Tracker
- Stress Body Pattern Worksheet
- Map Your Hot Spots

Use the space below to jot down any patterns or connections you've noticed.

#### 5. My Toolkit Menu

Use this section to write out your personalised menu of support strategies.