THE

BOUNCE

PAD ✏️

Spending just a few moments each evening thinking about your day can make a big difference to your energy, health and happiness.

The questions in this diary will support you with this kind of thinking.

Just make one entry each day for a week.

There are no rules, but here are some tips that you might find helpful:

FILLING IN

You can write as much or as little as you like, write in any language, or draw if you'd prefer to think through your answers in this way.

TAKE YOUR TIME

Don't stress if it takes you a little bit of time to come up with an answer to the questions – this is all part of the process, and an experience that a lot of people share.

YOU DO YOU

This is a private space, so your answers will never be shared with anyone else. Try to write freely, without worrying about spelling, or giving a 'right' answer.

If you're stuck on what to write, you can find an example entry from a previous user on the next page.

Example 1.

Name one thing you did today that was hard, but made you feel good.
This could be anything - big or small.

> I cycled to work.

Why did you stick with it, even though it was hard?

> It was hard to get up earlier and the weather was rubbish but I want to get healthier and feel better about myself as a person. I want to push myself more and try new things so cycling is a good way to fit that into my day. I really enjoyed it once I had done it!

Why might this be important for other people?
*Your thing might be **kind, inspire someone, share something good**, or put you in a **better place** to help others.*
*These people could be anyone from **close friends and family, future generations, the wider community or total strangers**.*

> Well it put me in a much better mood so I was more happy with my friends. This probably made my day better than it would have been otherwise. Cycling is also being a good role model for my children, I am showing them a good example and want them to grow up healthy and happy.

Why might this be important for you?

*It might have been a step towards **bigger things** you want to achieve in life, been a **positive experience** in some way, or taught you **something new**.*

> I want to be more confident, and being active helps me do that, I felt really proud of myself for doing something scary. I also felt like I had a good day and was more able to cope with other stuff in my life that day because of it. I think if I keep this up once a week I'll just be a happier person generally and be more able to reach other goals I have in life.

🎉 **You're finished - well done!**

Name one thing you did today that was hard, but made you feel good.
This could be anything - big or small.

Why did you stick with it, even though it was hard?

Why might this be important for other people?
*Your thing might be **kind, inspire someone, share something good,** or put you in a **better place** to help others.*
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Why might this be important for you?

*It might have been a step towards **bigger things** you want to achieve in life, been a **positive experience** in some way, or taught you **something new**.*

You're finished - well done!

Name one thing you did today that was hard, but made you feel good.

This could be anything - big or small.

[ ]

Why did you stick with it, even though it was hard?

[ ]

Why might this be important for other people?

*Your thing might be **kind, inspire someone, share something good,** or put you in a **better place** to help others.*
*These people could be anyone from **close friends and family, future generations, the wider community or total strangers.***

[ ]

Why might this be important for you?

*It might have been a step towards **bigger things** you want to achieve in life, been a **positive experience** in some way, or taught you **something new**.*

[ ]

🎉 Great stuff - another entry made [ ]

What was the first thing that happened when you woke up this morning?
This could be anything - big or small.

What kind of place did this happen in?

What actions did this thing need?

Who else might experience this kind of thing?

🎉 You're finished - well done!

Name one thing you did today that was hard, but made you feel good.
This could be anything - big or small.

Why did you stick with it, even though it was hard?

Why might this be important for other people?
*Your thing might be **kind, inspire someone, share something good,** or put you in a **better place** to help others.*
*These people could be anyone from **close friends and family, future generations, the wider community or total strangers.***

Why might this be important for you?

*It might have been a step towards **bigger things** you want to achieve in life, been a **positive experience** in some way, or taught you **something new**.*

🎉 Well done - another day ticked off

Name one thing you did today that was hard, but made you feel good.
This could be anything - big or small.

Why did you stick with it, even though it was hard?

Why might this be important for other people?
*Your thing might be **kind, inspire someone, share something good**, or put you in a **better place** to help others.*
*These people could be anyone from **close friends and family, future generations, the wider community or total strangers.***

Why might this be important for you?

*It might have been a step towards **bigger things** you want to achieve in life, been a **positive experience** in some way, or taught you **something new**.*

🎉 You have completed your diary for the week - well done!

Name one thing you did today that was hard, but made you feel good.

This could be anything - big or small.

Why did you stick with it, even though it was hard?

Why might this be important for other people?

*Your thing might be **kind, inspire someone, share something good,** or put you in a **better place** to help others.*
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Why might this be important for you?

*It might have been a step towards **bigger things** you want to achieve in life, been a **positive experience** in some way, or taught you **something new.***

🎉 You're all done for today - good work