

Our rules to life



By Charlene and Emma

Who are we?

Hi, I am Charlene (20yo)
and I am Emma (25yo)
and we live in Blackpool.

We have come together to
share our life experiences
with you, as we hope you
can learn from them. In
doing so, we have created
4 rules that we believe can
help you reach your
potential.



Rule 1

Don't be afraid to be uncomfortable. To show you who it feels like fold your arms together. . .



Now fold them the other way.
How do you feel?

Next time you feel uncomfortable,
what will you tell yourself?

Our experience

Emma

We felt uncomfortable going into university and college. I reached out to the tutors and asked for support. If I didn't, I don't think I would have completed University.

Charlene

I didn't reach out and I missed out going to college because I was so anxious. But, the experience made me stronger and I told myself I would not miss out again.

Write your own affirmation



For example,

This is good because...

Rule 2



How do you build confidence?



Be confident because
you will...



Do rule one,



Find the positives,

Face your fears,



Try new things,

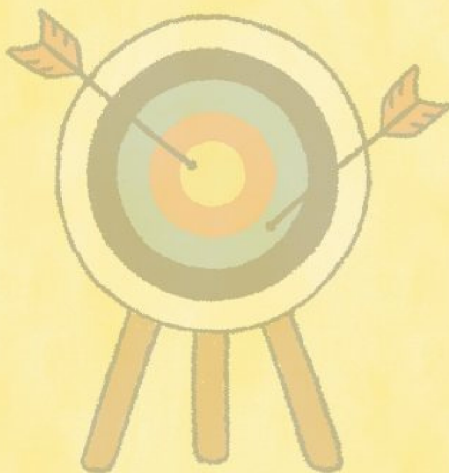
Do what you enjoy,



Keep going!



Wot Wud U Do if
you weren't
afraid?



Write a target and share it
with your neighbour

Rule 3

Look after yourself.

zzz

Charlene: When I feel out of balance, my go to involves talking to my friends, skin care and having a nap.

Emma: For me I create and craft things, pamper myself and walk the dog whenever I feel out of balance.



What's your go to?

When you feel out of balance, what is your go to activity, place or person that helps you find your balance?



Opportunities

Another way to look after yourself is to join a club. In the space below, write or draw what clubs you would like to join.





Quote



Charlene's favourite quote:

'Anxiety is when the
butterflies in your stomach turn
to bees'

Bridgett Devoue

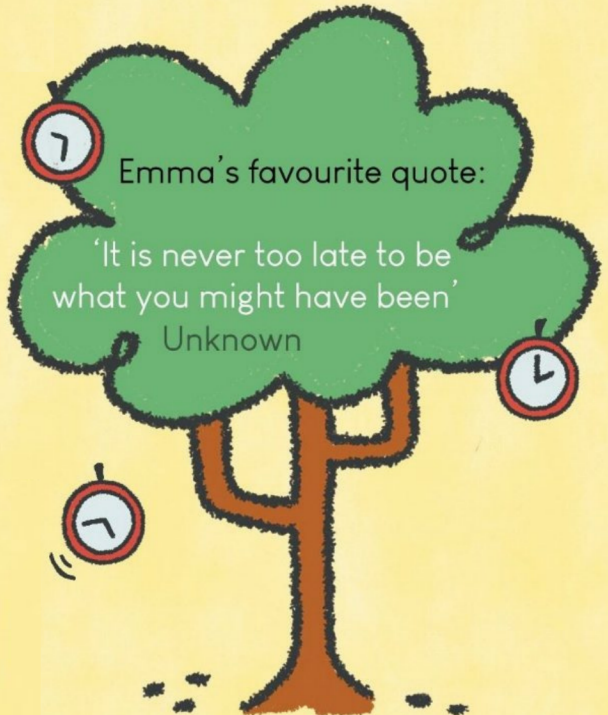


Quote

Emma's favourite quote:

'It is never too late to be
what you might have been'

Unknown



Rule 4

Know when to get help.



If you feel rules 1, 2 and 3 aren't helping, then it might be time to get help.

Check out and scan the QR code on the back.

From our experience

Our quality of life has improved since we reached out and asked for help.

At first we felt anxious and feared reaching out for help but now we wished we had asked for help sooner.



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