WĀHI

Develop Tools

Toolkit Sheet

Developing Tools

Now that we have been able to add some new tools to our kit, we need to identify which is the most helpful, develop them and figure out which tool is going to help us the most when we are feeling angry, anxious, low, lull or lonely.

The more that we practice our tools, the easier it will become to overcome challenges when they happen in our lives.

Below is a table of where you think you could use those tools. Think about if those tools are most useful when you are feeling anxious or angry, Low or lull, or lonely or lethargic.

In the table below, list the tool in the left column and in the other columns, write down when would be best to use that tool. We have filled out one line as an example.

My Tool	Angry Anxious	Low Lethargic	Lull Lonely
5 finger breathing	Angry & Anxious	Low	
Coffee with a mate		Low & Lethargic	Lonely