

Note to Self

Every day we make mental notes about ordinary things—remember to put the bin out, pick up milk, or send a birthday card. But a note to self can be something much more powerful, a reminder of our choices, learning, and the stuff that really matters.

Note to Self is about using encouraging and supportive self-talk to see ourselves with greater clarity. Use these versatile cards for reflective discussions in an array of contexts and to develop personal insight and self-awareness.

One-on-one counselling

Use *Note to Self* as a simple session starter. Invite the client to pick a single card, and use the three questions on the card to prompt for discussion.

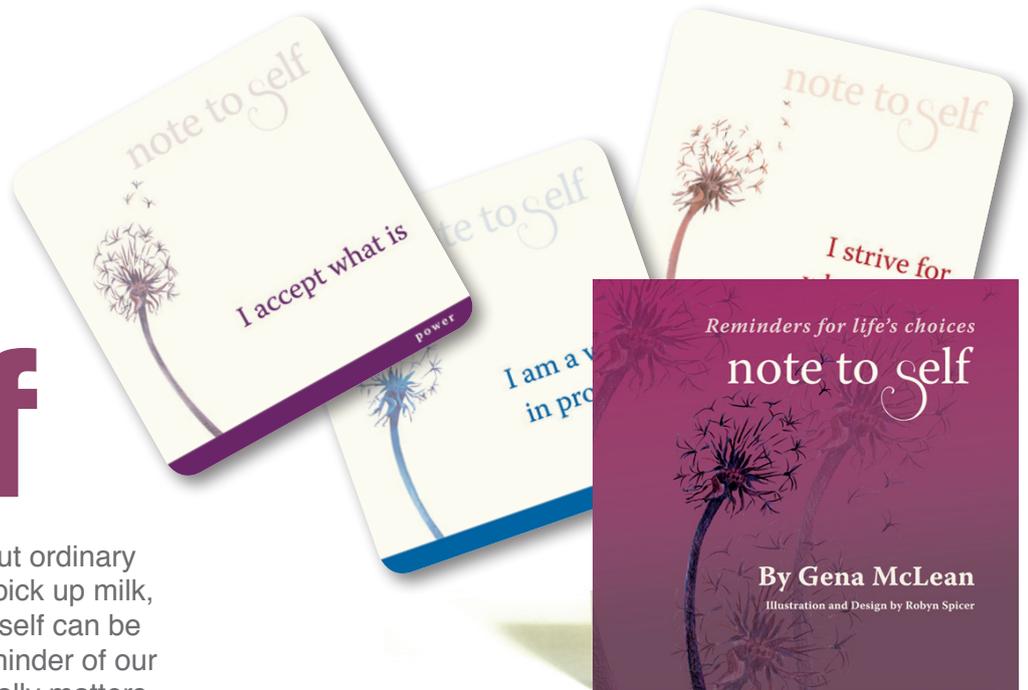
- Why did you select this card?
- Where do the card's questions take you?
- When have you best made this note to yourself in the past?
- What is one step you could take towards doing this note to self?
- Are there other cards that can usefully extend the discussion?

Personal and professional reflection

Pick a key word from within the statements or questions that you'd like to explore further. For instance, you might choose a word like 'momentum' or 'authentic'. Make it a theme for your thinking or journaling. Create your own note to self based on that word. Perhaps evaluating how such words relate to our lives can take us closer to choosing the person we most want to be?

Group supervision and team-building

Use *Note to Self* for a 15-minute discussion circle. Is there a statement that is topical or relevant for the team at this particular time? A card can be chosen by the team as a whole, by a single group member, the facilitator, or at random. The statement and each of the three questions on the card will help unfold the conversation. Encourage group members to record their key learning as the discussion unfolds, or build in a silent period at the end of the discussion for recording notes.



Self-care in the workplace

Encourage a workplace culture that values reflection and personal self-care by placing the *Note to Self* cards where staff can see and contemplate them for a few moments each day. In high-stress work environments, cards can be gifted between staff, displayed on noticeboards, or used to gently acknowledge effort in the face of challenges or difficulties. One staff member working at a busy school regularly placed *Note to Self* cards in the staff toilets—the only space where teachers were able grab a few quiet moments to themselves!

Life coaching and mentoring

Success is personal; we each have our own picture of success, and our own means and methods for measuring success. *Note to Self* invites us to think broadly about our aspirations by helping us reflect on what we want to achieve and who we want to be. Use the cards introduce new perspectives and reflect on values while discussing goals or career ambitions. *Note to Self* is an invaluable resource that coaches, career counsellors and mentors can use to help others develop self-esteem, identify strengths and feel empowered to make choices for themselves.

Birthdays: 16, 18, 20, 21!

Note to Self is one of Innovative Resources' best card sets to gift to a young person entering adulthood. Let these simple, beautiful cards become prompts for insight, creativity, self-care and self-esteem—for a lifetime.

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NOTE TO SELF

24 full colour cards, each 140 x 140mm,
polypropylene box, 30 page booklet
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Designer: Robyn Spicer
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