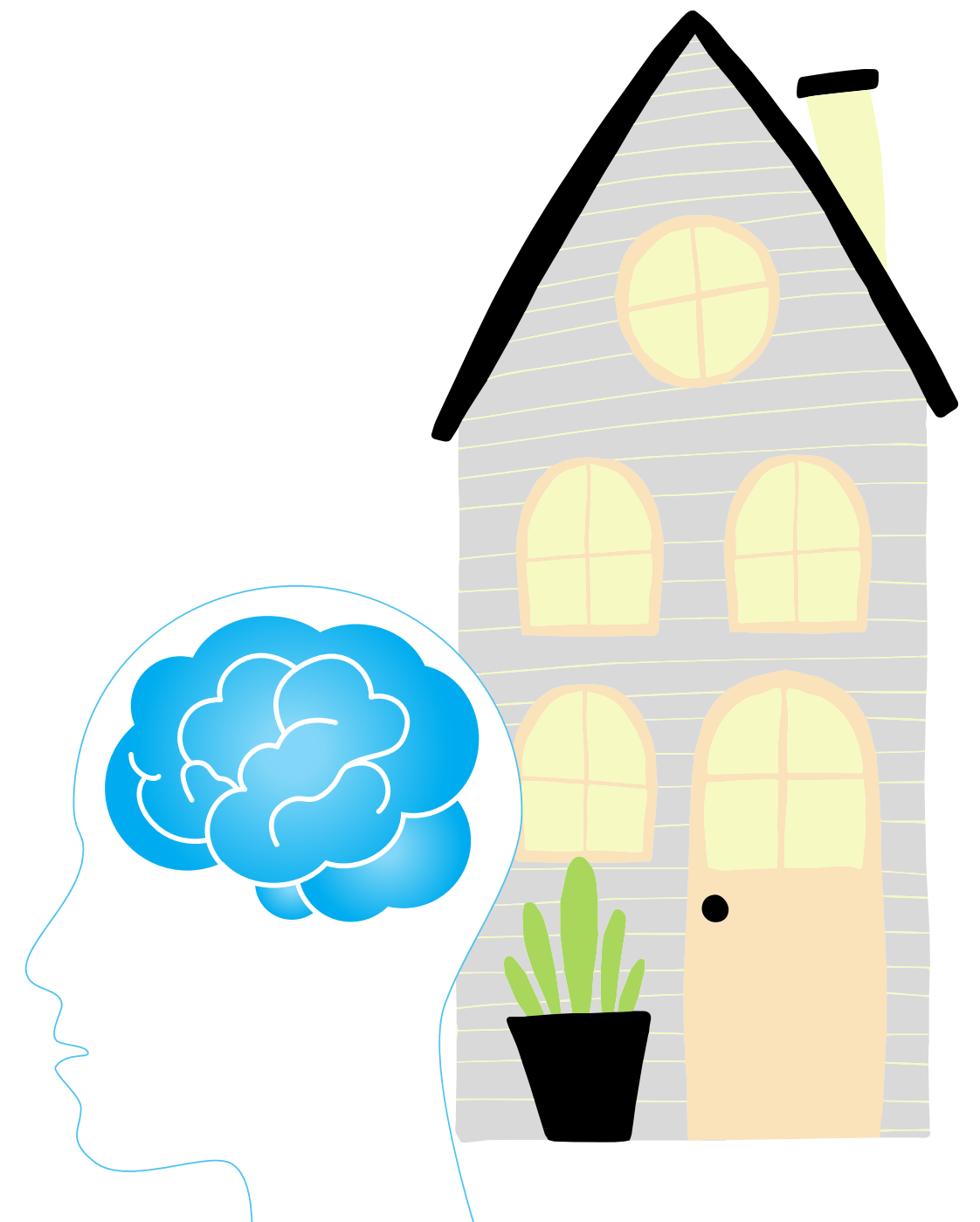
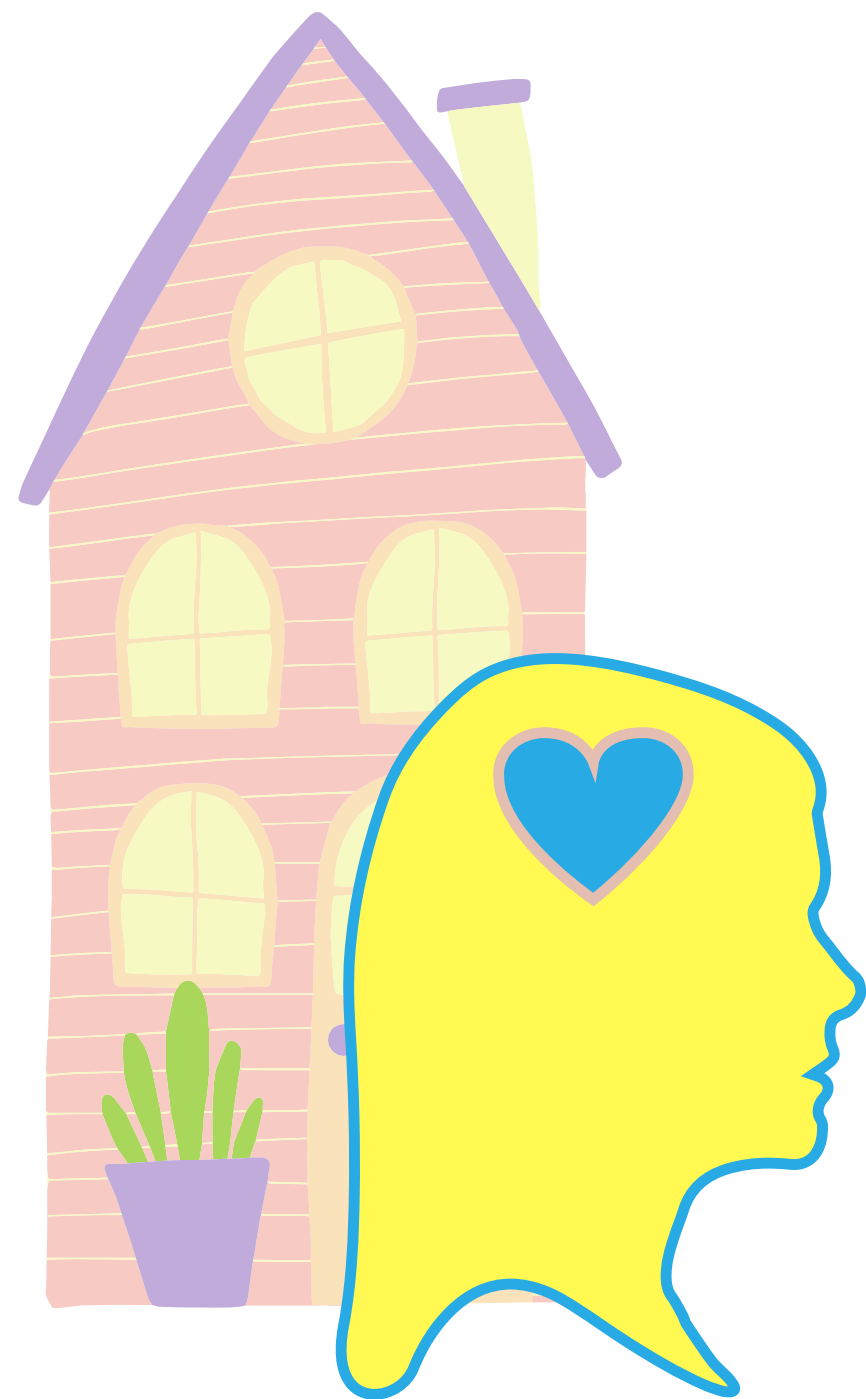
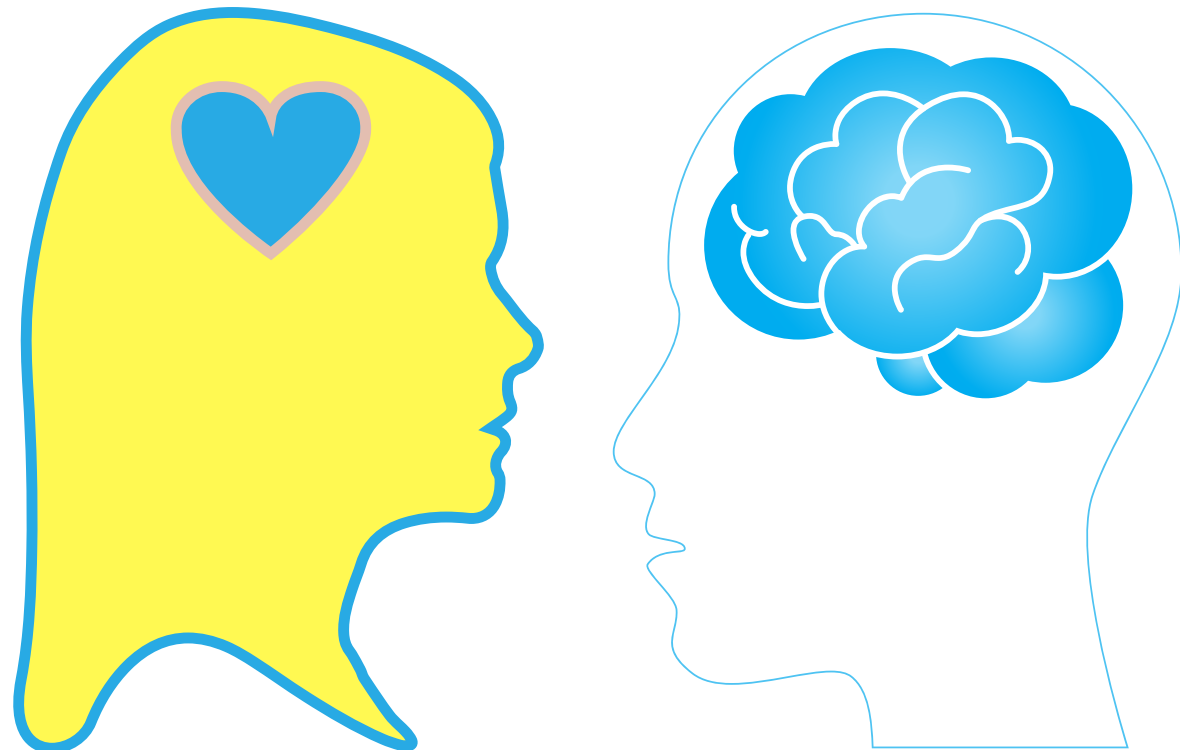


# Your Mind Is Your Home



# Your Mind Is Your Home

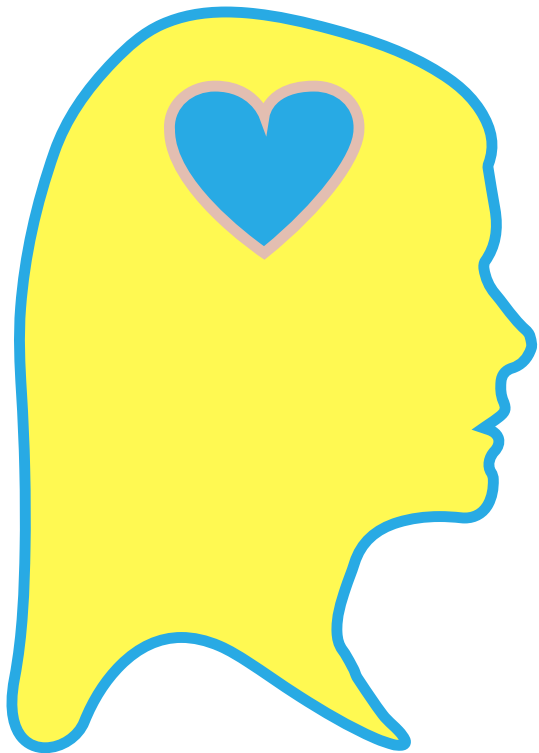


If you think of your mind like your home with lots of different rooms in it.

- What rooms are there?
- Which room is a little untidy?
- Is there a room you don't like to open the door to?
- Maybe one needs a little organisation?
- Maybe another needs a spring clean?

# Rooms in mind could be

# be



# Rooms in my mind



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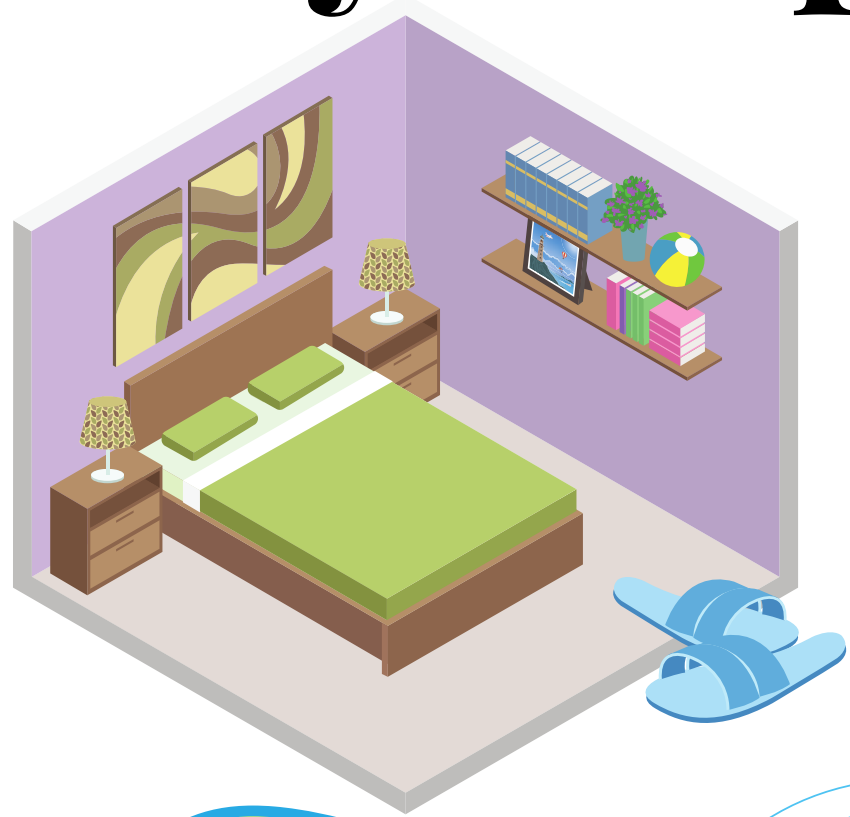
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# How do we tidy it up



**Talk to someone**

**Develop a plan to get it tidy and under control**

**Sometimes we need to bring in professionals to help us clean our house**



# My Plan

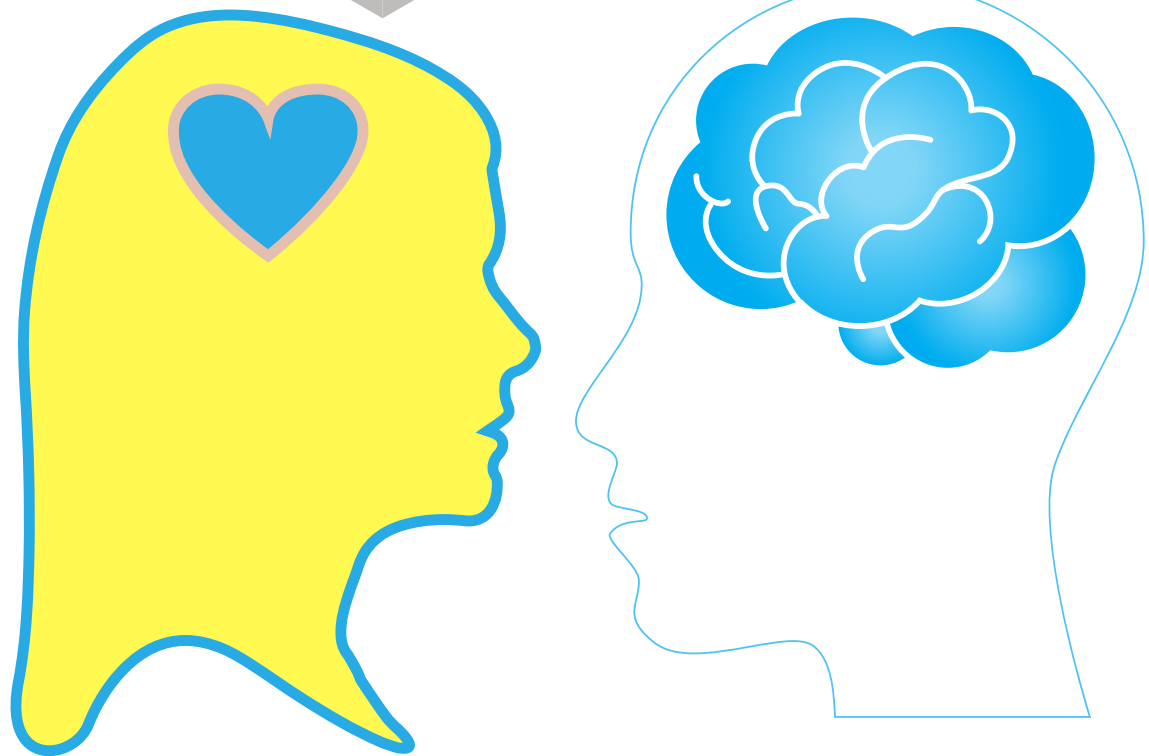
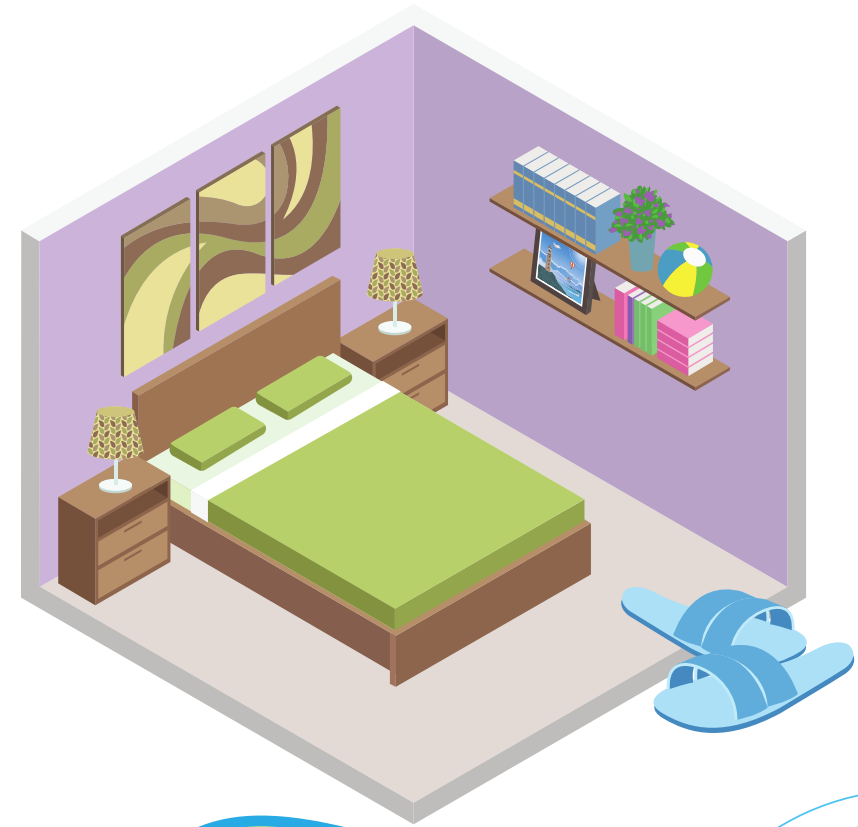
**Step 1:**

**Step 2:**

**Step 3:**

**Step 4:**

**Step 5:**



# How do it do it



**Action 1:**

**Action 2:**

**Action 3:**

**Action 4:**

**Action 5:**

