

My steps back to better

Inside the footprint write down the step you took to recovery this week.

To help you could think about one of these:

- A challenge you faced and how you overcame it
- A kind act that some did for you, or you did to help someone else
- Something important you learned for the future

Collect all your footsteps over time or all the footsteps of your friends, family or classmates to create a big picture on the wall of your journey!

