

Example

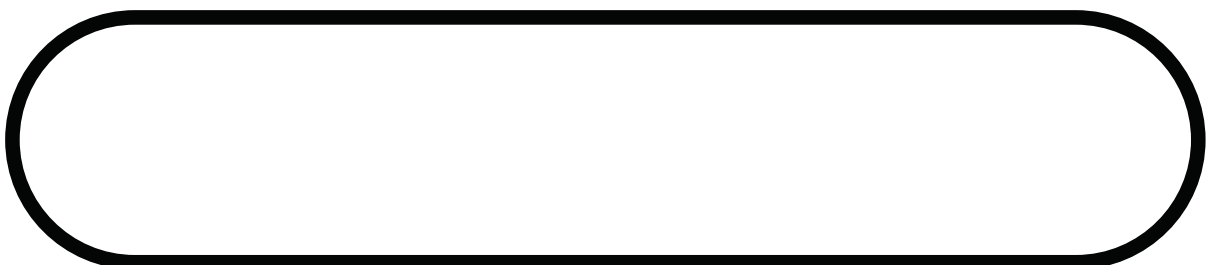
Living Well after Brain Injury Self-Care Wheel



My Living Well after Brain Injury Self-Care Wheel



My Living Well with Brain Injury
Self-Care Goals



Living Well with Brain Injury

Vision Board

Take some time and reflect on the idea of living well with brain injury:

What does this look like?

What does this feel like?

What do I need to achieve this?

What do I want to accomplish?

What do I value?

How does this vision impact other areas of your life?

Use this reflection to create or locate pictures and/or words to make your vision board on paper, poster board, or digitally.

Living Well with Brain Injury

Reflective Questions

If you could change one thing about living with a brain injury, what would it be?

What is the most challenging thing about living with a brain injury?

When you think about life after brain injury - what feelings come up?