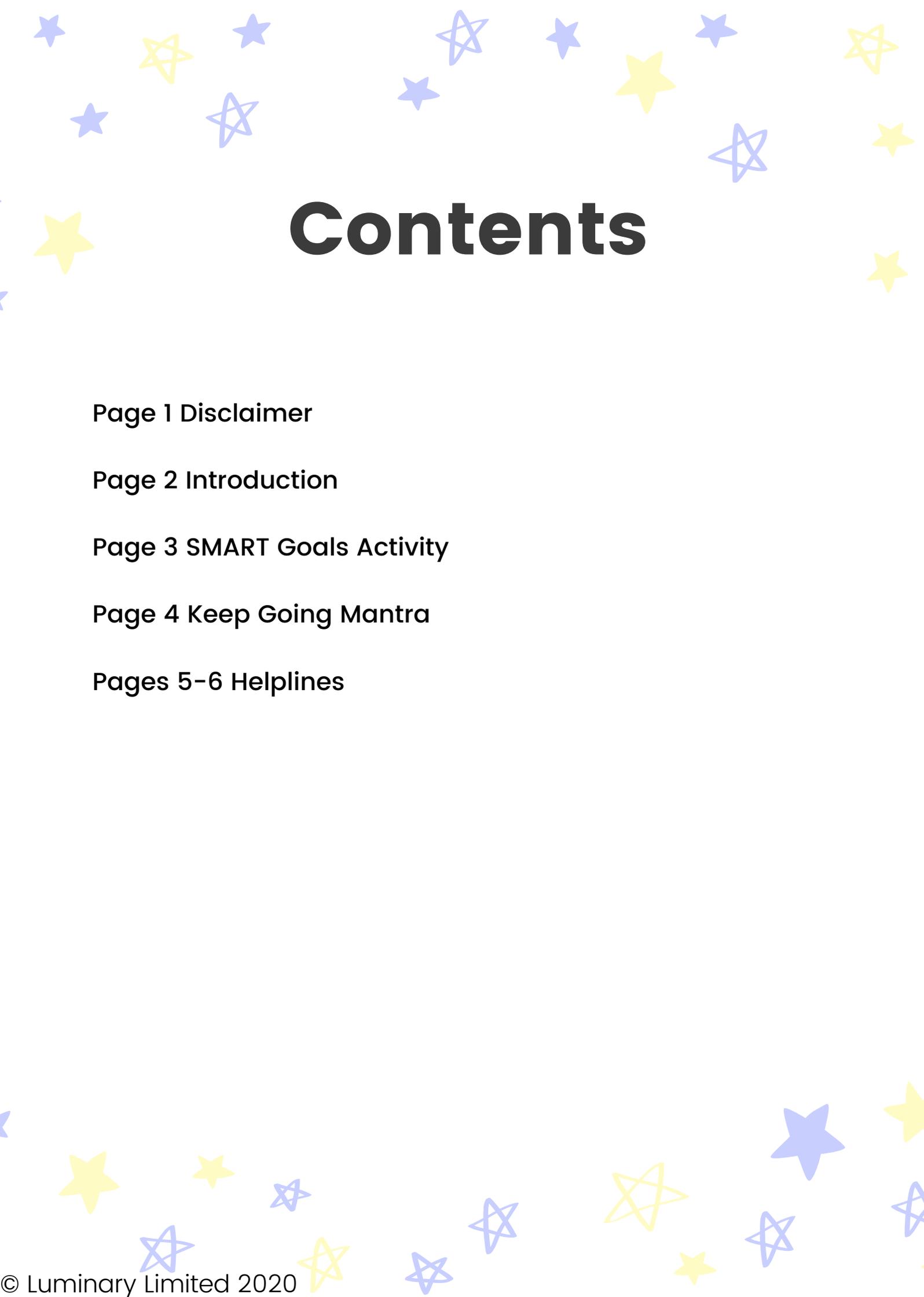




LUMINARY
BAKERY

Self-Care Pack

Week Ten

The page is decorated with various styles of stars in blue and yellow, scattered across the top and bottom edges. The stars include solid colors, outlines, and some with multiple points or overlapping lines.

Contents

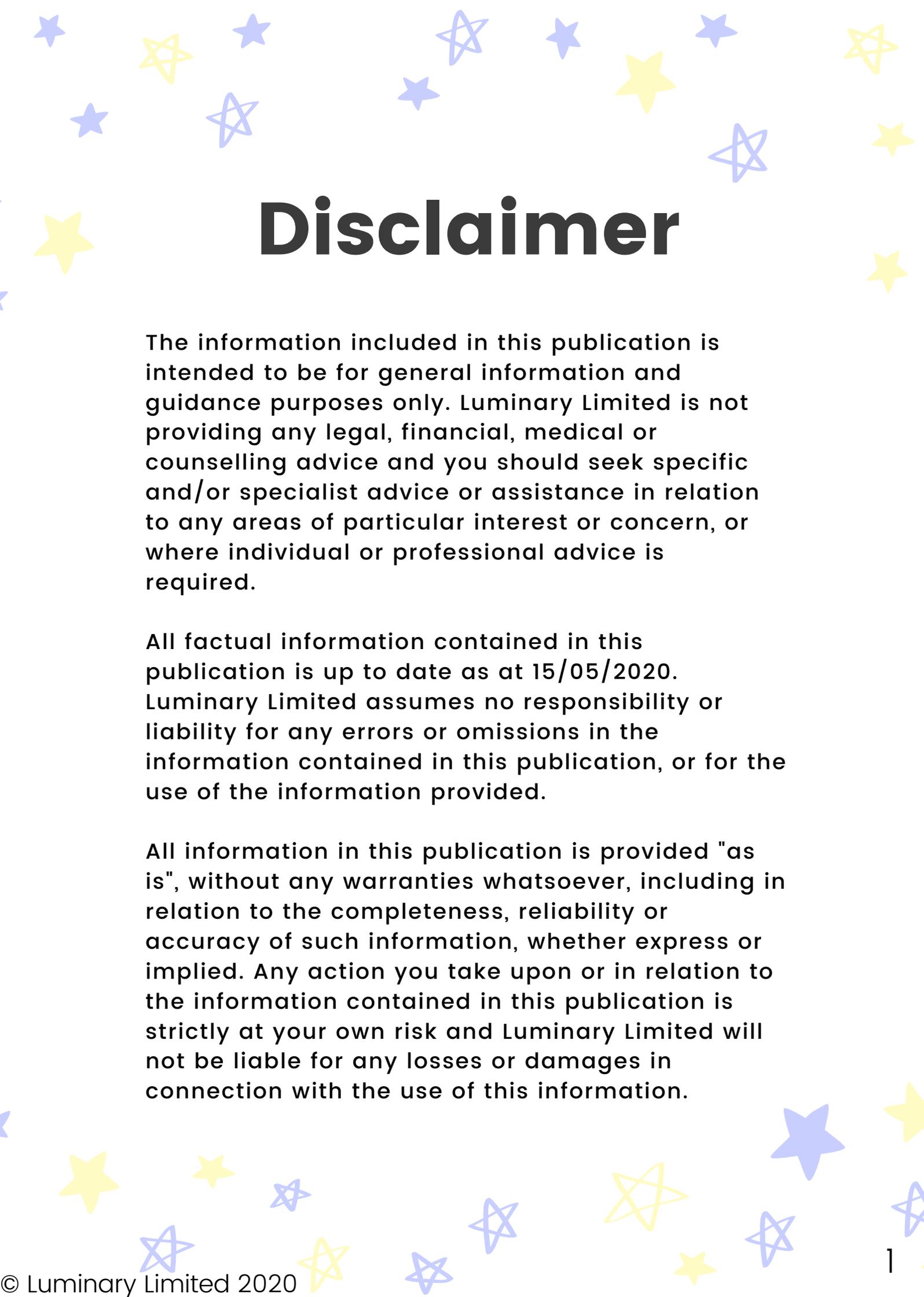
Page 1 Disclaimer

Page 2 Introduction

Page 3 SMART Goals Activity

Page 4 Keep Going Mantra

Pages 5-6 Helplines



Disclaimer

The information included in this publication is intended to be for general information and guidance purposes only. Luminary Limited is not providing any legal, financial, medical or counselling advice and you should seek specific and/or specialist advice or assistance in relation to any areas of particular interest or concern, or where individual or professional advice is required.

All factual information contained in this publication is up to date as at 15/05/2020. Luminary Limited assumes no responsibility or liability for any errors or omissions in the information contained in this publication, or for the use of the information provided.

All information in this publication is provided "as is", without any warranties whatsoever, including in relation to the completeness, reliability or accuracy of such information, whether express or implied. Any action you take upon or in relation to the information contained in this publication is strictly at your own risk and Luminary Limited will not be liable for any losses or damages in connection with the use of this information.

Welcome to week 10 of your weekly self-care pack!

Wow! We've made it to week 10!

We've reflected a lot on how we can look after ourselves during this time and this week we're going to start taking a look at how we can set goals for our future.

For some of us, thinking about the future can be scary but it can also be really positive for our well-being.

Making positive goals for the future can help us to stay motivated and focused for achieving the things we want out of life.

This week we're going to use a method called 'SMART' goals to help guide us through making realistic goals that don't seem so far out of reach and overwhelming.

S

Specific

When setting a SMART goal, we want to be as specific as possible.

Regular Goal:
I want to start a business.

This goal is too vague we need to get more specific.

A specific goal would be:
I want to create a business plan.

In order to start a business we need to have a business plan in place.

M

Measurable

To stay focused and achieve your goals, you will need to measure your progress to stay on track.

Starting a business plan on your own can be overwhelming. However, there are many charities and non-profit organisations or banks who offer support and a mentor to help start your business plan.

You can measure your progress by making a list of the places or people you can contact for help and tick them off once you have contacted them.

A

Achievable

We want our goals to be within our reach so that they are achievable.

For example: you may want to finish your business plan within one month but is that achievable? Will you be able to dedicate time to your business plan every day?

A more achievable goal would be: I want to have my business plan finished by January 2021.

R

Relevant

Our goals need to be relevant otherwise we may fall off track and lose focus of the main goal we set in the first place.

Starting your own business is great but we can't start it up without having a business plan.

Contacting organisations for help to complete your business plan is **relevant** to your goal of starting a business.

T

Time-bound

When working towards our SMART goal we need to have a time-frame or deadline to help us stay on track.

If you only give yourself a month to complete your business plan then you may have already set yourself up for failure. It could take a month to hear back from the places you've contacted for help with your business plan.

A more realistic time-frame would be from 6 months- one year. You will need to take into account how much time you can dedicate each month to your business plan.

Now that we have an idea of how 'SMART' goals work, try and have a go of completing your own 'SMART' goals below.

If you don't have access to a printer then grab a pen and paper and use the template below as a guide.

Remember to be easy on yourself when you start setting out your goals, they take time and dedication. Once you start achieving your goals, small or big, make sure you reward yourself for your efforts.

S

Specific

M

Measurable

A

Achievable

R

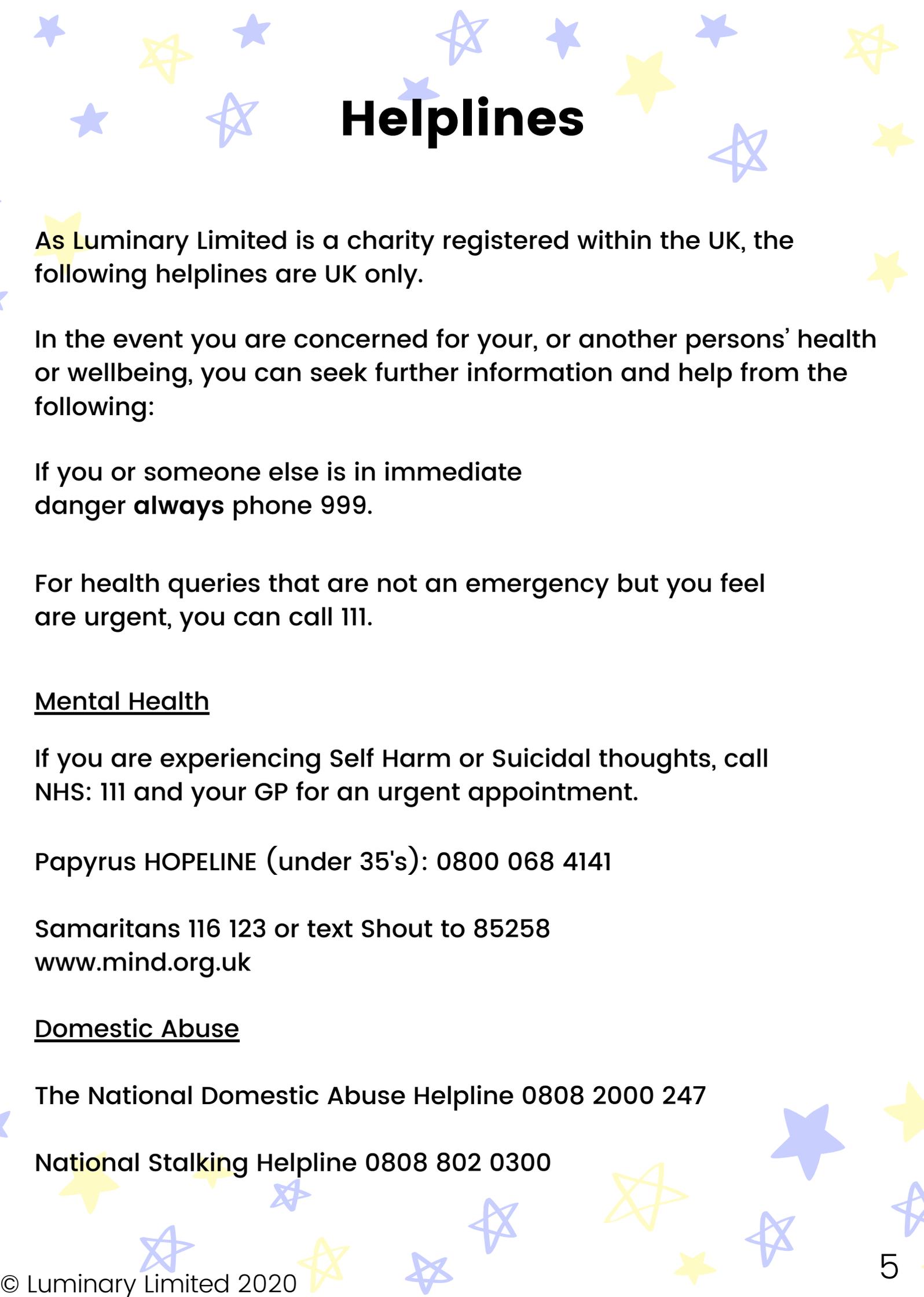
Relevant

T

Time-bound

"Don't ignore the little part of you that tells you to keep going - the little voice that's strong and believes in you. Don't run from the part of you that will lead you to greatness and magical opportunities. This year, let that part of you speak louder. You have passion and you are beautifully gifted. Please don't hide that from the world. Explore your deeper self and show yourself what you're capable of. Don't stop until that little part inside of you is proud."

By Momentary Happiness



Helplines

As Luminary Limited is a charity registered within the UK, the following helplines are UK only.

In the event you are concerned for your, or another persons' health or wellbeing, you can seek further information and help from the following:

If you or someone else is in immediate danger **always** phone 999.

For health queries that are not an emergency but you feel are urgent, you can call 111.

Mental Health

If you are experiencing Self Harm or Suicidal thoughts, call NHS: 111 and your GP for an urgent appointment.

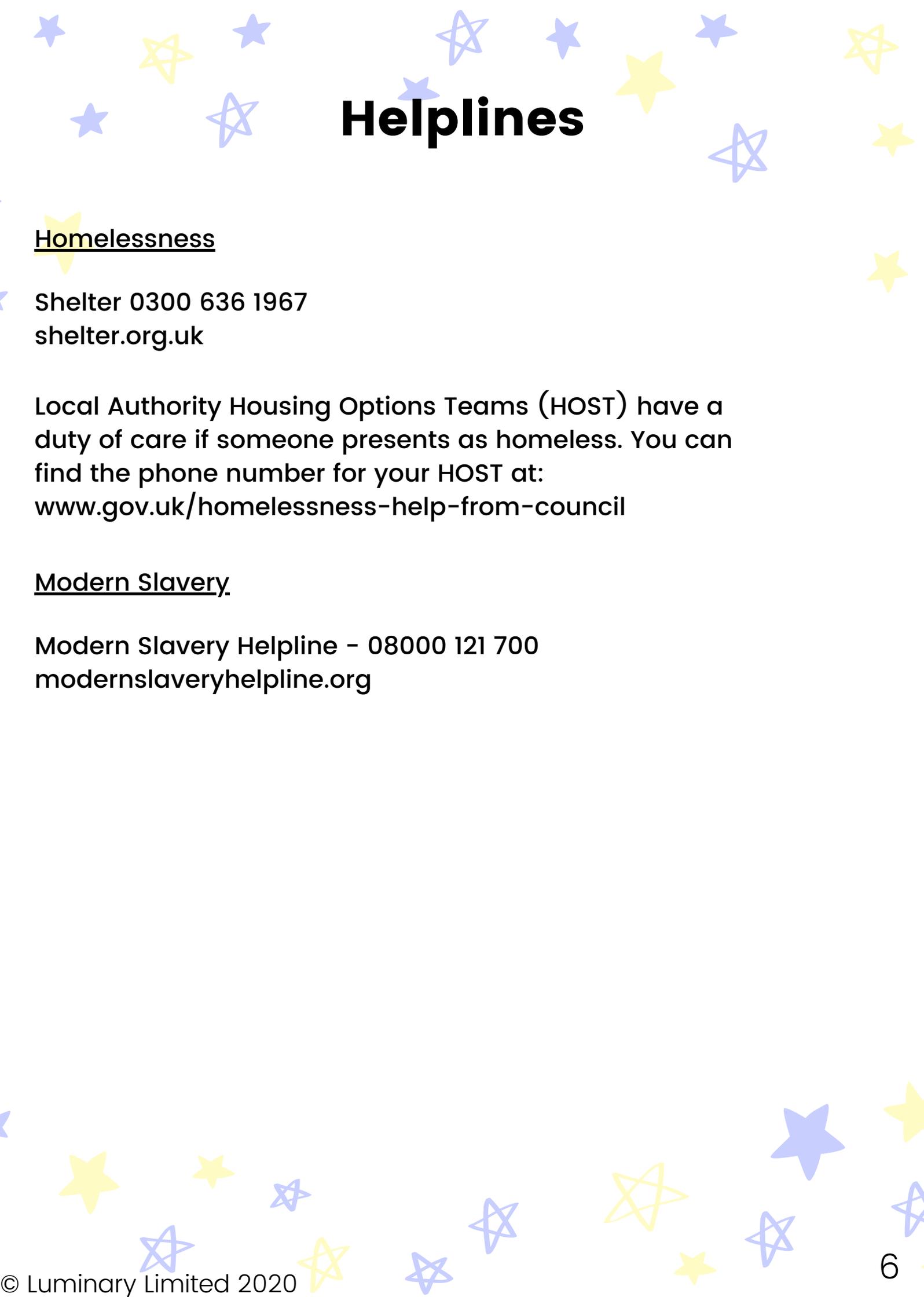
Papyrus HOPELINE (under 35's): 0800 068 4141

Samaritans 116 123 or text Shout to 85258
www.mind.org.uk

Domestic Abuse

The National Domestic Abuse Helpline 0808 2000 247

National Stalking Helpline 0808 802 0300



Helplines

Homelessness

Shelter 0300 636 1967
[shelter.org.uk](https://www.shelter.org.uk)

Local Authority Housing Options Teams (HOST) have a duty of care if someone presents as homeless. You can find the phone number for your HOST at:
www.gov.uk/homelessness-help-from-council

Modern Slavery

Modern Slavery Helpline - 08000 121 700
modernslaveryhelpline.org



LUMINARY BAKERY

© Luminary Limited 2020