

TOOL 02

My Self-Awareness & Early-Warning Map

PARTICIPANT TOOL • GENERAL EDUCATION

Notice changes in your body, mood, sleep, routine and connection before they become bigger barriers — and plan what helps.

Use this page to notice changes before they become bigger barriers. There are no 'right' answers.

Area	My usual signs	My early changes	What may help / who can help
Body / energy			
Mood / emotions			
Thoughts / concentration			
Sleep			
Food / hydration			
Movement / balance			
Communication / social connection			
Daily routine / appointments			

My Green / Yellow / Red plan

GREEN

Usual / manageable

YELLOW

Change noticed

RED

Stop and seek appropriate help