

# 'I am doing things that matter to me'



Journal 5 of our 'I Statement' Series

This journal belongs to:

Date started:



# 'I am doing things that matter to me'



This journal will help you to explore the **interests, activities, hobbies and events that matter to you**. Having hobbies and interests can help us have good mental wellbeing and help us to lead our best life.

There are lots of hobbies you could have, from creative hobbies like drawing and crafting, to active hobbies like exercising or regular visits to a local park.

**Draw yourself doing your favourite hobby:**  
Consider things like crafting, baking, cooking, travelling.



# What are your interests?

Think about your favourite things like your favourite film, sports team, singer or band, book, website, TV programme, or something else!

You can write about them or draw them here:



# What are your favourite events throughout the year?

Write down the events that you most look forward to each year:



# What events could you go to this year?

There are lots of events you can go to, such as concerts, sports, games, festivals, discos, parties, and more!



Write down your thoughts and plans here:



## Who would you like to go with?



# What hobbies and activities would you like to try over the next month?

Is there something you have never tried that you have always wanted to? Or something that you used to do that you would like to do again? Write about it below.



A large white rectangular area with rounded corners, containing ten horizontal dotted lines for writing.



**Ideas:** Drawing or painting, writing or journaling, listening to music, walking or biking, cooking or baking, reading, dancing, gardening or watching films.

# Community Connections

There are lots of ways our shared interests help us connect with others. You might know someone who likes the same things as you or you made a friend in a club you go to. Use this space to write or draw the people you know who like the same thing you enjoy.

Who do I know that likes the same things as me?

Where did you meet?

Where do I feel comfortable and safe?



# Get Creative

This journal is about doing the things that matter to you. Use this space to write, draw, doodle, collage or add anything that shows the activities that matter most to you.



**Creative  
Mission  
Competition**

We are bringing back our  
**Creative Mission Competition for 2026.**

Send us a picture of the back page of this journal  
for your chance to win a We Care Hoodie!

Send your work to **[marketing@creativesupport.co.uk](mailto:marketing@creativesupport.co.uk)** to be  
entered into our monthly Creative Mission Competition.

