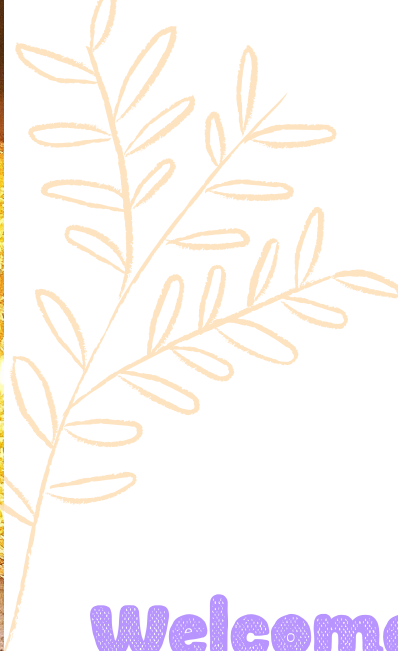


F*ck you're good



Welcome to Figjam.

Over the past 5 years, I've helped young adults, teenagers and families alike achieve super-powered productivity. Through this experience, I've had the opportunity to see what works and what doesn't when it comes to efficiency in personal and professional lives. And now, I'm sharing my tried and true methods with you so that you too can launch your most efficient self.

As a scientist, educator and social worker, I have integrated these disciplines to deliver a holistic and well-rounded program to push you out of your comfort zone and towards success.

Love and Blessings,

KATHRYN



FIROUZAM

Check Yourself

*Fill in the checklists below to determine where you are not looking out
for number one: YOU!*

LOOKING AFTER MYSELF

- I woke up early to see the sunrise
- I often have a good breakfast
- Something made me laugh
- I cooked a meal
- I watched a fun video
- I made my own bed
- I saw one of my good friends
- I planned my self-care
- I completed a workout
- I heard one of my favorite songs
- I had dessert or a snack
- Someone sent me a sweet message
- I finished all my chores
- I received some good news

Total = _____/14

ADVOCATING FOR MYSELF

- I can identify how I am feeling
- I can communicate what I am feeling
- I can recognise when I can't do something
- I honor my values
- I know where my values come from
- I feel fulfilled each day
- I have strong boundaries
- I can spend time with others easily
- I often vocalise my opinion
- I feel comfortable in my own skin
- I can share my thoughts freely
- I have knowledge I am proud of
- I know what I need most of the time
- I have positive thoughts about myself

Total = _____/14

FOCUS ON MY DEVELOPMENT

- I am currently learning a new skill
- I am enrolled in a course
- I actively seek information
- I enjoy watching documentaries
- I enjoy listening to podcasts
- I believe my learning is important
- I think learning is part of life
- I value education
- I am comfortable to try new things
- I am ready to create my own change
- I know where I need to improve
- I am aware of strengths and weaknesses
- I have mostly positive habits
- I have the next 5 years mapped out

Total = _____/14

SUPPORT NETWORKS

- I have at least one friend
- I feel comfortable talking with friends
- I feel comfortable talking with family
- I feel supported by my friends
- I feel supported by my family
- I have high self-esteem
- I have high self-confidence
- I don't feel embarrassed with friends
- I don't feel embarrassed with family
- I feel empowered by my network
- I feel inspired by my network
- I'm excited to see friends
- I'm excited to see family
- I can talk openly about my feelings

Total = _____/14

HOW I TALK TO MYSELF

- I never criticize my own actions
- I prefer to think of things as challenges
- I don't think I am stupid
- I know its okay to make mistakes
- I can identify 10 things I am good at
- I can reflect on my day with positivity
- I am able to own my mistakes
- I am not embarrassed about my mistakes
- I can see my value in society
- I am inspired by things I do myself
- I can tell others about my success
- I can tell others about my failures
- I don't believe what is said in my head
- I feel okay about taking on new challenges

Total = _____/14

MY RESULTS

SELF-CARE

Total = _____/14

ADVOCACY

Total = _____/14

DEVELOPMENT

Total = _____/14

NETWORKS

Total = _____/14

SELF-TALK

Total = _____/14

My Cumulative Total:

_____ /70

If your total is below 55, you have some big mental blockages which are preventing you from achieving your goals.

What do I do now?

Check out the FigJamAus website for tools and programs which have been designed for a range of budgets and needs! If you are unsure of what program suits you, shoot us an email at figjamenquiries@gmail.com and we can give you a hand!