

8DHD+

BECAUSE
INDEPENDENCE
STARTS WITH
ONE STEP!

FIRST STEPS TO INDEPENDENCE

♥ Young Adults ♥

Banks, Calls, Forms, Shopping,
Cooking and Driving

CALLING...
FUTURE ME

CONFIDENCE
CONNECTS!

I'M LEARNING,
I'M GROWING,
I'M BUILDING MY
FUTURE!

SMART
CHOICES

PLAN TODAY,
LIVE BETTER!

APPLICATION FORM

- ☒ DETAILS
- ☒ ADDRESS
- ☒ EMPLOYMENT
- ☐ REFERENCES

YOU'VE
GOT
THIS!

ORGANISE
YOUR LIFE!

ELECTRICITY BILL
WATER BILL DUE \$
INTERNET BILL
PHONE BILL

PRACTICE
MAKES PROGRESS!

BUDGET PLAN

- ☒ INCOME
- ☒ EXPENSES
- ☒ SAVINGS
- ☒ GOALS

TAKE CONTROL
OF YOUR MONEY

★ MEET THE FEELING CREW! ★

MAKE
SMART
DECISIONS!

BUILD
CONFIDENCE
EVERY DAY!

LEARN SKILLS
THAT LAST
A LIFETIME!

IT'S OKAY
TO GO SLOW!

YOU ARE
CAPABLE!

YOUR FUTURE. YOUR WAY.
YOU'VE GOT THIS!

WELCOME IN



HEY THERE!
I'M SO GLAD
YOU'RE HERE.
YOU'RE NOT
ALONE.



THIS BOOK IS HERE TO HELP YOU
MAKE SENSE OF FORMS AND PAPERWORK,
SO YOU CAN FOCUS ON WHAT MATTERS
MOST—YOU.

ONE STEP AT A TIME.
YOU'VE GOT THIS!



THIS BOOK BELONGS TO:

MEET THE FEELING CREW!



LUMPCLOUD

BRINGS HEAVY WORRIES.
SAYS, "THIS IS TOO
COMPLICATED."
WHAT IF I MESS UP?"



PANIKIT

WORRIES ABOUT WHAT
COULD GO WRONG.
"WHAT IF I CHOOSE
THE WRONG THING?"



FIZZLET

MAKES THOUGHTS
BUZZ AND OVERLOAD.
"THERE ARE TOO MANY
THINGS TO THINK ABOUT!"



REPLAYMOTH

PLAYS PAST MISTAKES
OVER AND OVER.
"I SHOULD HAVE DONE
THINGS DIFFERENTLY."



DROPLET

FEELS SAD AND
OVERWHELMED.
"THIS IS TOO MUCH
FOR ME."



YOU'RE
AMAZING!

YOU'RE BUILDING SKILLS. YOU'RE GROWING STRONGER.

YOU BELONG HERE!



BE KIND
TO YOU.



BREATHE.
FOCUS.
ONE STEP
AT A TIME.WHERE DO I EVEN
START? SO MANY
ACCOUNTS, FORMS,
AND BILLS...
I MIGHT GET IT
ALL WRONG.

BANKS AND BILLS CAN FEEL BIG!

FROM THE OUTSIDE,
SETTING UP BANK ACCOUNTS
AND BILLS LOOKS SIMPLE. ♥BUT FROM THE INSIDE...
IT CAN FEEL LIKE
A HUGE DEAL!ELECTRICITY BILL **DUE**
WATER BILL **DUE SOON**
INTERNET BILLYOUR NEW
BANK ACCOUNT
START GUIDECARD
APPLICATIONTo do:
• Bank
• Bills
• Budget ♥MEET
THE

FEELING CREW!

THEY SHOW UP INSIDE TO HELP
YOU WHEN BANKS AND BILLS
FEEL OVERWHELMING. ♥

LUMPCLOUD

BRINGS HEAVY WORRIES.
HE SAYS: "THIS IS TOO
COMPLICATED."
WHAT IF I MESS UP?"

PANIKIT

WORRIES ABOUT WHAT
COULD GO WRONG.
"WHAT IF I CHOOSE
THE WRONG THING?"

FIZZLET

MAKES THOUGHTS
BUZZ AND OVERLOAD.
"THERE ARE TOO MANY
THINGS TO THINK ABOUT!"

REPLAYMOTH

PLAYS PAST MISTAKES
OVER AND OVER.
"I SHOULD HAVE DONE
THINGS DIFFERENTLY."THIS IS
THE START!TOGETHER WE CAN TAKE IT ONE STEP AT A TIME—
YOU'VE GOT THIS! ♥ ★ ☆ ★

SETTING UP BANK ACCOUNTS AND BILLS CAN FEEL TOO MANY STEPS!

THERE'S SO MUCH TO THINK ABOUT. IT CAN FEEL OVERWHELMING! ♥

I KNOW I NEED TO DO THESE THINGS... BUT WHERE DO I EVEN START? ♥

8DHD

BREATHE. FOCUS. KIND TO YOUR MIND. ♥

★ ★ LET'S BREAK IT DOWN AND SEE WHY IT CAN FEEL LIKE... TOO MUCH! ★

1. CHOOSING A BANK ACCOUNT

CURRENT ACCOUNT?
STUDENT ACCOUNT?
OVERDRAFT FEES?
WHAT'S BEST?

SO MANY OPTIONS.
I JUST WANT THE RIGHT ONE!

2. FINDING ID AND PROOF OF ADDRESS

PASSPORT?
DRIVING LICENCE?
UTILITY BILL?
EXPIRED?

I CAN NEVER FIND THE RIGHT DOCUMENT!

3. READING THE SMALL PRINT

AER? APR?
ACCOUNT FEES?
VARIABLE RATE?
WHAT DOES IT ALL MEAN?!

IT'S LIKE ANOTHER LANGUAGE!
MY HEAD HURTS.

4. PASSWORDS AND PINS

UPPERCASE?
LOWERCASE?
NUMBERS?
SYMBOLS?!

PIN:
★ ★ ★ ★

I CAN'T REMEMBER ANY OF THEM!

5. SETTING UP THE BANK APP

VERIFY EMAIL...
ENABLE BIOMETRICS...
CONFIRM DEVICE...
WHAT NOW?!

APPS CHANGE ALL THE TIME.
I GET SO LOST!

6. UNDERSTANDING DIRECT DEBITS

WHAT'S A DIRECT DEBIT?
IS IT THE SAME AS STANDING ORDER?!

I DON'T WANT TO GET CHARGED EXTRA!

7. CHECKING BILL DATES

DUE DATE?
PAY IN DATE?
BILLING CYCLE?
WHICH DATE MATTERS?!

I DON'T WANT TO MISS A PAYMENT!

8. WORRYING ABOUT MONEY

WILL I HAVE ENOUGH?
WHAT IF SOMETHING GOES WRONG?
WHAT IF I FALL BEHIND?!

MY MIND GOES INTO WORRY MODE!

ALL THESE STEPS CAN PILE UP AND FEEL LIKE TOO MUCH! ♥

LUMPCLOUD

IT MAKES EVERYTHING FEEL HEAVY AND SCARY.

PANIKIT

I WANT TO RUN AWAY AND HIDE!

FIZZLET

TOO MANY THOUGHTS!
TOO MANY RULES!

REPLAYMOTH

I KEEP THINKING ABOUT WHAT COULD GO WRONG.

WORRYPUP

WILL I MAKE A MISTAKE? WHAT IF IT'S NOT ENOUGH?!

BUT HERE'S THE TRUTH:
YOU CAN TAKE IT ONE STEP AT A TIME.
YOU'VE GOT THIS! ♥

★ ★ IT'S OKAY TO FEEL OVERWHELMED. YOU'RE NOT ALONE. ♥ ★ ★

SOMETIMES, THE WORDS GET STUCK

WHEN SETTING UP BANK ACCOUNTS
AND BILLS FEELS TOO HARD. ♥

FROM THE OUTSIDE,
IT MIGHT LOOK LIKE
AVOIDING OR NOT CARING.

BUT FROM THE INSIDE,
IT FEELS LIKE TOO MUCH.
TOO LOUD. TOO MANY OPTIONS!

I KNOW I NEED
TO DO THIS...
BUT I JUST STARE
AT EVERYTHING.
I FREEZE. ♥

BREATHE.
FOCUS.
KIND TO
YOUR MIND. ♥

FOCUS
BE KIND

ONE
STEP
AT A
TIME

IMPORTANT

CARD
APPLICATION

MEET THE FEELING CREW!

THEY SHOW UP WHEN IT'S TOO MUCH.
THEY HELP YOU KNOW YOU'RE NOT ALONE. ♥

LUMPCLOUD



BRINGS HEAVY WORRIES.
HE SAYS: "THIS IS TOO
COMPLICATED."
WHAT IF I MESS UP?"

PANIKIT



WORRIES ABOUT WHAT
COULD GO WRONG.
"WHAT IF I CHOOSE
THE WRONG THING?"

FIZZLET



MAKES THOUGHTS
BUZZ AND OVERLOAD.
"THERE ARE TOO MANY
THINGS TO THINK ABOUT!"

REPLAYMOTH



PLAYS PAST MISTAKES
OVER AND OVER.
"I SHOULD HAVE DONE
THINGS DIFFERENTLY."

NIGHTWAKER



KEEPS YOU ALERT
FOR ALL THE "WHAT IF'S."
"I NEED EVERY PLAN
TO BE PERFECT."

SORRYSprite



FEELS GUILTY AND
NOT GOOD ENOUGH.
"I'M NOT DOING
ENOUGH."

SITTING... STARING...



AVOIDING...



I'LL DO IT
LATER...
MAYBE.

SHUTTING DOWN...



I CAN'T
THINK
ABOUT IT.

BEATING YOURSELF UP...



WHY IS THIS
SO HARD FOR
ME? EVERYONE
ELSE CAN
DO IT.

INVISIBLE WALL...



I JUST
CAN'T GET
THROUGH.

GOOD NEWS!
YOU'RE NOT
ALONE—AND
YOU DON'T HAVE
TO DO IT ALL
AT ONCE. ♥



LET'S DO
THIS TOGETHER.
ONE SMALL STEP
IS ENOUGH
FOR NOW. ♥

FIRST STEP:
♥ OPEN THE
LETTER

WE CAN START SMALL.
PICK JUST ONE:

- ♥ OPEN THE LETTER
- ♥ READ THE FIRST LINE
- ♥ FIND THE PHONE NUMBER
- ♥ MAKE THE CALL TOGETHER

PROUD
OF YOU ♥

YOU ARE CAPABLE.
YOU ARE LEARNING.
YOU ARE ENOUGH. ♥

WHAT HELPS ME FEEL SAFER.

SETTING UP BANK ACCOUNTS AND BILLS CAN FEEL BIG... BUT I CAN DO SMALL THINGS THAT MAKE A BIG DIFFERENCE. ♥

YOU GOT THIS

TODAY'S PLAN:
♥ ONE STEP
♥ BREATHE
♥ I'VE GOT THIS

I DON'T HAVE TO DO EVERYTHING AT ONCE. ONE STEP AT A TIME. ♥

BREATHE. FOCUS. KIND TO YOUR MIND. ♥

FOCUS
KIND
PROGRESS NOT PERFECT

HERE ARE WAYS I MAKE BANKS AND BILLS FEEL SAFER.

1 OPEN ONE LETTER AT A TIME.



I TAKE A DEEP BREATH AND FOCUS ON JUST THIS ONE.

2 KEEP BILLS IN ONE FOLDER.



ONE PLACE. LESS STRESS. LESS STRESS.

3 HIGHLIGHT DUE DATES.



I SPOT WHAT MATTERS SO NOTHING GETS MISSED.

4 USE CALENDAR REMINDERS.



A LITTLE ALERT NOW MEANS LESS WORRY LATER.

5 WRITE A PHONE SCRIPT.



WORDS ON PAPER HELP ME SAY WHAT I NEED TO SAY.

6 ASK SOMEONE TO SIT WITH ME.



A SUPPORT PERSON MAKES HARD THINGS FEEL LIGHTER.

7 SET UP DIRECT DEBIT IF IT HELPS.



AUTOMATE WHAT I CAN, SO I CAN BREATHE EASIER.

8 CELEBRATE ONE STEP DONE!



EVERY STEP COUNTS. I AM PROUD OF ME!

I AM DOING MY BEST.

I CAN HANDLE BIG FEELINGS ONE STEP AT A TIME. I'VE GOT THIS. ♥

TODAY I CHOOSE:
♥ KINDNESS
♥ PATIENCE
♥ COURAGE
♥ SMALL STEPS

YOU ARE CAPABLE. ♥

8DHD

YOU'RE BUILDING YOUR LIFE. YOU'RE DOING AMAZING. KEEP GOING. YOU'VE GOT THIS! ♥

KEEP GOING! ♥

MEET THE FEELING CREW!

LUMPCLOUD



LIGHTER FEELINGS. LESS WEIGHT. MORE YOU. ♥

PANIKIT



FEWER WORRIES. MORE BELIEVE IN MYSELF! ♥

FIZZLET



PLANS MAKE ME FEEL FAST AND FOCUSED! ♥

REPLAYMOTH



GOOD CHOICES TODAY, BETTER TOMORROWS! ♥

NIGHTWAKER



I WATCH OVER YOUR REST. YOU'VE GOT THIS! ♥

8DHD



SMALL STEPS STILL COUNT!

SETTING UP BANK ACCOUNTS AND BILLS CAN FEEL BIG... BUT EACH SMALL STEP MAKES YOU STRONGER! ♥

MY MONEY PLAN

BANK CARD
1234 5678 9012
3456

I'M LEARNING, I'M GROWING, AND I'M IN CONTROL. ♥

REMEMBER

PAY WATER BILL
SAT, MAY 24
10:00 AM

WATER BILL

PAID

★ LOOK AT WHAT I DID! ★

I OPENED A BANK ACCOUNT!

MY MONEY, MY FUTURE. ♥

I ASKED FOR HELP!

THERE'S NO SHAME IN ASKING. ♥

I SET A REMINDER!

A LITTLE REMINDER, BIG DIFFERENCE. ♥

I PAID MY BILL!

ONE BILL DOWN! ♥

I FEEL PROUD!

THIS IS MY WIN! ♥

★ THE FEELING CREW IS PROUD OF YOU! ★

LUMPCLOUD

LIGHTER FEELINGS. LESS WEIGHT. MORE YOU. ♥

PANIKIT

FEWER WORRIES, MORE BELIEVE IN MYSELF! ⚡

FIZZLET

PLANS MAKE ME FEEL FAST AND FOCUSED! ⚡

REPLAYMOTH

GOOD CHOICES TODAY, BETTER TOMORROWS! ♻️

NIGHTWAKER

I WATCH OVER YOUR GROWTH. YOU'VE GOT THIS! 🌙

SORRYSprite

IT'S OKAY TO LEARN AS YOU GO. YOU'RE DOING GREAT. ♥

INDEPENDENCE GROWS ONE STEP AT A TIME. ♥

MY MONEY PLAN

I'M NOT PERFECT. I'M PROGRESSING. AND I'M PROUD OF ME. ♥

8DHD

THE END! ♥

★ YOU'RE BUILDING YOUR LIFE. YOU'RE DOING AMAZING. ★
★ KEEP GOING. YOU'VE GOT THIS! ★

BREATHE.
FOCUS.
ONE STEP
AT A TIME.

I NEED TO
CALL THE ENERGY
COMPANY ABOUT
MY BILL... BUT
WHAT IF I SAY
THE WRONG
THING?

PHONE CALLS CAN FEEL BIG!

FROM THE OUTSIDE,
MAKING A PHONE CALL
LOOKS SIMPLE. ♥

BUT FROM THE INSIDE...
IT CAN FEEL LIKE
A HUGE DEAL!



Talking points:
• My bill amount
• Payment options
• Due date
• Questions

CALL
ENERGY
COMPANY

TO DO:
☐ CALL
☐ BILLS
☐ BUDGET

Take a
deep
breath
♥

MEET THE FEELING CREW!

THEY SHOW UP INSIDE TO HELP YOU
WHEN PHONE CALLS FEEL OVERWHELMING. ♥



LUMPCLOUD

BRINGS HEAVY WORRIES.
HE SAYS: "THIS IS TOO
COMPLICATED.
WHAT IF I MESS UP?"



PANIKIT

WORRIES ABOUT WHAT
COULD GO WRONG.
"WHAT IF I GET PUT
ON HOLD FOREVER?"



FIZZLET

MAKES THOUGHTS
BUZZ AND OVERLOAD.
"THERE ARE TOO MANY
THINGS TO THINK ABOUT!"



REPLAYMOTH

PLAYS PAST EXPERIENCES
OVER AND OVER.
"LAST TIME WAS AWFUL.
WHAT IF IT'S AGAIN?"



TOGETHER
WE CAN TAKE IT
ONE STEP AT A TIME -

YOU'VE GOT THIS! ♥ ★ ☆

PHONE CALLS CAN FEEL TOO MUCH!

PROFESSIONAL SERVICE CALLS CAN BE FULL OF STEPS, SURPRISES, AND SITUATIONS THAT FEEL HARD TO HANDLE. ♡



★ IT'S NOT JUST ONE THING... IT'S EVERYTHING ALL AT ONCE! ★

1 WHO DO I CALL?



TOO MANY CHOICES. NOT ENOUGH CLARITY.

2 AUTOMATED MENUS



TOO MANY OPTIONS. TOO FAST. TOO CONFUSING.

3 HOLD MUSIC



THE WAIT FEELS ENDLESS.

4 LONG WAIT TIMES



TIME STRETCHES. PATIENCE FADES.

5 BEING TRANSFERRED



START OVER. NEW PERSON. NEW INTRO. AGAIN.

6 EXPLAINING AGAIN



TELLING YOUR STORY OVER AND OVER HURTS.

7 CONFUSING JARGON



BIG WORDS. TECH TALK. MY BRAIN CHECKS OUT.

8 WORRYING ABOUT JUDGMENT



FEAR OF JUDGMENT MAKES IT HARDER TO ASK FOR HELP.

9 RUSHED OR SERIOUS PEOPLE



THEY'RE DOING THEIR JOB. BUT IT CAN STILL FEEL SCARY.



IT'S NOT YOU. IT'S THE SYSTEM. AND IT CAN FEEL LIKE TOO MUCH. ♡

KIND REMINDERS:

- ♡ YOU ARE NOT ALONE.
- ♡ THE SYSTEM IS COMPLICATED, NOT YOU.
- ♡ IT'S OKAY TO PREPARE.
- ♡ YOU DESERVE KIND, PATIENT HELP.
- ♡ YOU ARE DOING YOUR BEST. ♡

★ YOU CAN LEARN HOW TO MAKE THESE CALLS FEEL MORE MANAGEABLE. ★ YOU'VE GOT THIS! ♡

SOMETIMES... THE WORDS GET STUCK

DURING PROFESSIONAL SERVICE CALLS. ♥

FROM THE OUTSIDE,
IT MIGHT LOOK LIKE
I'M AVOIDING THE CALL. ♥

BUT FROM THE INSIDE,
MY BRAIN HITS PAUSE
AND I FREEZE. ♥

I KNOW I NEED
TO DO THIS. I SHOULD
JUST DO IT. BUT WHEN
I PICK UP THE PHONE,
MY WORDS DISAPPEAR
AND MY CHEST
TIGHTENS. ♥

BREATHE.
FOCUS.
KIND TO
YOUR MIND. ♥

★ WHEN I FINALLY CALL, IT CAN FEEL OVERWHELMING – NO MATTER HOW BIG OR SMALL THE CALL. ★

1 PICKING UP THE PHONE



2 MAKING THE CALL



3 SOMEONE ANSWERS



4 LONG WAIT TIMES



5 GETTING TRANSFERRED



6 CONFUSING LANGUAGE



7 IMPATIENT TONE



8 AFTER THE CALL



★ THE FEELING CREW GETS LOUD DURING CALLS. ★

PANIKIT



FIZZLET



LUMPCLOUD



REPLAYMOTH



NIGHTWAKER



SORRYSprite



YOU DON'T HAVE
TO GET IT ALL RIGHT.
LET'S MAKE IT SMALL.
ONE TINY STEP. THAT'S
ENOUGH FOR NOW. ♥

START SMALL. PICK ONE:

- ♥ FIND THE NUMBER
- ♥ MAKE THE CALL
- ♥ SAY HELLO
- ♥ ASK ONE QUESTION
- ♥ THANK THEM AND END THE CALL

PROGRESS
ISN'T ABOUT
PERFECTION.
IT'S ABOUT
TRYING. ♥

★ OVERWHELM CAN MAKE BIG THINGS FEEL IMPOSSIBLE, ★
★ BUT SMALL STEPS MAKE THEM POSSIBLE. ♥ ★

WHAT HELPS ME FEEL SAFER

PRACTICAL TOOLS THAT HELP ME FEEL SAFER ON PROFESSIONAL SERVICE CALLS.

ONE STEP AT A TIME

MY SUMMARY PLAN

- BE PREPARED
- STAY CALM
- USE MY TOOLS
- I CAN DO THIS

BREATHE.
FOCUS.
KIND TO
YOUR MIND.

FOCUS

KIND

PROGRESS

NOT
STRESS

- 1** WRITE A SIMPLE PHONE SCRIPT.
HAVING WORDS READY MAKES IT EASIER.
- 2** KEEP NUMBERS AND ACCOUNT INFO TOGETHER.
ONE PLACE, LESS STRESS.
- 3** CALL AT A QUIETER TIME FOR ME.
A CALMER TIME = AN EASIER CALL.
- 4** USE HEADPHONES OR SPEAKERS.
CLEAR SOUND HELPS ME STAY CALM.
- 5** ASK A SUPPORT PERSON TO SIT WITH ME.
HAVING SOMEONE HERE MAKES ME FEEL BRAVER.
- 6** WRITE DOWN MY QUESTIONS FIRST.
I GET MY ANSWERS AND NOTHING GETS MISSED.
- 7** ASK THEM TO SLOW DOWN OR REPEAT.
IT'S OKAY TO ASK. I NEED TO UNDERSTAND.
- 8** ASK FOR EMAIL OR TEXT IF THAT'S EASIER.
I CAN READ IT AT MY OWN PACE.
- 9** TAKE NOTES DURING THE CALL.
NOTES HELP ME REMEMBER EVERYTHING.
- 10** TICK OFF ONE STEP DONE.
ONE STEP AT A TIME = REAL PROGRESS!

I CAN HANDLE
SERVICE CALLS
WHEN I HAVE A PLAN
THAT HELPS ME FEEL SAFER.

♥ I'VE GOT TOOLS. ★ I'VE GOT SUPPORT. ★ I'VE GOT THIS! ♥

SMALL STEPS STILL COUNT!

PHONE CALLS CAN FEEL BIG... BUT EACH SMALL STEP MAKES YOU STRONGER! ♥

★ LOOK AT WHAT I DID! ★

1 I FOUND THE NUMBER!



I TOOK THE FIRST STEP. ♥

2 I ASKED FOR HELP!



I WAS BRAVE. ♥

3 I MADE THE CALL!



I DID HARD THINGS. ♥

4 I ASKED ONE QUESTION!



I GOT THE INFORMATION I NEEDED. ♥

5 I WROTE DOWN THE ANSWER!



I'LL REMEMBER WHAT MATTERS. ♥

6 I ENDED THE CALL AND TOOK A BREATH!



I TOOK CARE OF MYSELF. ♥

★ THE FEELING CREW IS PROUD OF YOU! ★

LUMPCLOUD



YOU DID IT! ONE STEP AT A TIME! ♥

PANIKIT



BE PROUD! YOU'RE AMAZING! ♥

FIZZLET



LOOK AT YOU GO! YOU ROCK! ♥

REPLAYMOTH



SMALL STEPS CREATE BIG CHANGE! ♥

NIGHTWAKER



YOU'RE GROWING. KEEP SHINING! ♥

SORRYSprite



YOU'RE DOING GREAT, FRIEND! ♥



⚡ KEEP GOING. YOU'VE GOT THIS!

THE END! ♥

BREATHE.
FOCUS.
ONE STEP
AT A TIME.WHERE DO I
EVEN START?
SO MANY FORMS,
DEADLINES, AND
DETAILS... I MIGHT
GET IT ALL WRONG.

FORMS AND PAPERWORK CAN FEEL BIG!

FROM THE OUTSIDE,
FILLING OUT FORMS
AND HANDLING
PAPERWORK LOOKS
SIMPLE. ♥

BUT FROM THE INSIDE...
IT CAN FEEL LIKE
A HUGE DEAL! ♥

EMPLOYMENT
APPLICATION

NAME:

Don't
Forget!

TAX RETURN
FORM

HEALTH INSURANCE
APPLICATION

Call
them?

DRIVER'S LICENCE

PASSPORT

UTILITY BILL

DUE SOON

AMOUNT DUE:

CHECK
DEADLINES!To:
me ♥

MEET THE FEELING CREW!

THEY SHOW UP INSIDE TO HELP
YOU FACE FORMS AND PAPERWORK
WHEN IT FEELS OVERWHELMING. ♥

LUMPCLOUD

BRINGS HEAVY WORRIES.
HE SAYS: "THIS IS SO
CONFUSING.
WHAT IF I GET IT
WRONG?"

PANIKIT

WORRIES ABOUT
DEADLINES AND
MISTAKES. "WHAT IF
I MISS SOMETHING
IMPORTANT?"

FIZZLET

OVERTHINKS EVERY DETAIL.
"THERE ARE TOO MANY
SECTIONS! TOO MANY
CHOICES!"

REPLAYMOTH

DWELLS ON PAST MISTAKES.
"I'VE MESSED UP BEFORE.
WHAT IF IT HAPPENS
AGAIN?"

THIS IS
THE START!

TOGETHER WE CAN TAKE IT ONE STEP AT A TIME—
YOU'VE GOT THIS! ♥

SETTING UP FORMS AND PAPERWORK CAN FEEL TOO MANY STEPS!

I KNOW I NEED
TO DO THESE THINGS...
BUT WHERE DO I
EVEN START?

BREATHE.
FOCUS.
KIND TO
YOUR MIND.

★ LET'S BREAK IT DOWN AND SEE WHY IT CAN FEEL LIKE... TOO MUCH! ★

1. CHOOSING THE RIGHT FORM.

WHICH FORM
IS THE RIGHT
ONE?

2. READING CONFUSING INSTRUCTIONS.

ACRONYMS?
LONG WORDS?
WHAT DOES
IT ALL MEAN?

3. PROCESSING ADDRESS DEMANDS.

UTILITY BILL?
BANK STATEMENT?
TENANCY AGREEMENT?
DATED HOW RECENTLY?

4. SIGNING OR INITIALING IN THE RIGHT PLACES.

SIGNATURE.
INITIALS. FULL NAME.
DATE... AGAIN?

5. DATES, DEADLINES, AND TIMING.

WHY DOES TIME
FEEL LIKE IT'S
RUNNING OUT?!

6. ONLINE FORMS AND SESSION TIMEOUTS.

I WAS ALMOST
DONE!

Session expired.
Please start again.

7. UPLOAD THIS, SCAN THAT.

THE RIGHT FILE?
THE RIGHT SIZE?
THE RIGHT FORMAT?

8. "WHAT DOES THIS EVEN MEAN?" JARGON/LEGAL LANGUAGE.

SECTION 7B(i)?
SUB-CLAUSE D?
WHAT AM I
SUPPOSED TO
DO HERE?

SECTION 7B(i):

--- sub-clause (i) ---
--- sub-clause (ii) ---

9. WORRYING ABOUT GETTING IT WRONG.

WHAT IF I MAKE
A MISTAKE?
WHAT IF THEY
SAY NO?

MY MIND
WON'T STOP
WORRYING.

BUT HERE'S
THE TRUTH:
YOU CAN TAKE
IT ONE STEP
AT A TIME.
YOU'VE GOT THIS!

♥ IT'S OKAY TO FEEL OVERWHELMED. YOU'RE NOT ALONE.

SOMETIMES... THE WORDS GET STUCK

WHEN FORMS AND PAPERWORK
FEEL TOO HARD. ♡

I KNOW I
NEED TO DO
THIS... I
SHOULD JUST
START. BUT
MY BRAIN
FREEZES.

BREATHE.
FOCUS.
BE KIND TO
YOUR MIND.

FROM THE OUTSIDE,
IT MIGHT LOOK LIKE:

- ★ AVOIDING?
- ★ PROCRASTINATING?
- ★ NOT CARING?

BUT FROM THE INSIDE...

TOO
MUCH

TOO
HARD

TOO
MANY
STEPS

MEET THE FEELING CREW
WHEN SHUTDOWN HITS...

PANKIT



WORRIES
ABOUT
DOING IT
WRONG. ⚡

FIZZLET



TOO MANY
THOUGHTS,
TOO MANY
RULES.

REPLAYMOTH



REMEMBERS
EMBARRASSING
PAST
MISTAKES. ↻

LUMPCLOUD



FEELS
HEAVY AND
SHUT
DOWN. ☁

I STARE AT IT.

I PUT IT ASIDE.

I FREEZE UP.

I HIDE.

I BEAT MYSELF UP.

WHY IS THIS
SO HARD FOR
ME WHEN
OTHERS CAN
JUST DO IT?

BUT I DON'T HAVE TO DO IT ALONE.

YOU'RE NOT
LAZY. YOU'RE
OVERWHELMED.

LET'S DO THIS
TOGETHER... ONE
SMALL STEP IS
ENOUGH FOR
NOW.

WE CAN START WITH
ONE STEP.

- ★ OPEN THE FORM
- ♡ READ THE FIRST LINE
- 💛 FIND ONE BIT OF INFO
- 💚 TAKE ONE BREATH
- 💜 THEN PAUSE

SHUTDOWN
IS YOUR BRAIN
TRYING TO
PROTECT YOU.

IT'S OKAY TO GO SLOW.

YOU'RE STILL
MAKING PROGRESSSS.

ONE SMALL
STEP CAN
LEAD TO BIG
CHANGE. ♡

WHAT HELPS ME FEEL SAFER.

FORMS AND PAPERWORK CAN FEEL BIG, BUT SMALL SUPPORTS MAKE THEM EASIER. ♥

FOCUS

MY SUPPORT PLAN:
♥ ONE STEP
♥ BREATH
♥ FOCUS
♥ I'VE GOT THIS

BREATHE.
FOCUS.
BE KIND TO
YOUR MIND.
♥

HERE ARE WAYS I MAKE FORMS AND PAPERWORK FEEL SAFER.

1. OPEN ONE FORM AT A TIME.



ONE FORM. ONE FOCUS.
LESS OVERWHELM. ♥

2. KEEP ALL PAPERWORK IN ONE FOLDER.



ONE PLACE. LESS CLUTTER.
I KNOW WHERE THINGS ARE. ♥

3. HIGHLIGHT DEADLINES AND REQUIRED SECTIONS.



I LOOK FOR WHAT MATTERS FIRST.
NO SURPRISES. ♥

4. USE CALENDAR REMINDERS.



A LITTLE AHEAD NOW MEANS
LESS STRESS LATER. ♥

5. WRITE QUESTIONS DOWN AND MAKE A PHONE SCRIPT.



I SAY WHAT I NEED TO SAY.
I FEEL MORE PREPARED. ♥

6. ASK SOMEONE TO SIT WITH ME.



COMPANY HELPS.
I DON'T HAVE TO DO IT ALONE. ♥

7. GATHER WHAT I NEED BEFORE I START.



I GET EVERYTHING READY.
I SAVE TIME AND WORRY. ♥

8. BREAK THE FORM INTO SMALL SECTIONS.



SMALL STEPS FEEL DOABLE.
I CAN TAKE MY TIME. ♥

9. TICK OFF EACH PART I COMPLETE.



I CAN SEE MY PROGRESS.
EVERY CHECK MARK COUNTS! ♥

I'VE GOT
TOOLS.
I'VE GOT
THIS! ♥

SMALL SUPPORTS. BIG DIFFERENCE.

ONE STEP AT A TIME,
I CAN HANDLE THIS. ♥

MY SUPPORTS
KEEP ME:

- ♥ FOCUSED
- ♥ ORGANISED
- ♥ CALMER
- ♥ CONFIDENT
- ♥ SAFER

**SMALL STEPS
STILL
COUNT!**

HOW FAR I'VE COME! ♥

LOOK AT HOW FAR I'VE COME! 💜

**I DID IT!
ONE STEP AT
A TIME!**

BREATHE.
FOCUS.
BE KIND TO
YOUR MIND.

**I OPENED
THE FORM.**

**I CAN
DO THIS.**

**FIRST STEP.
BIG BRAVERY!** 

**I ASKED
FOR HELP.**

**THANK
YOU!**

GETTING HELP
MADE IT EASIER

I FOUND MY DOCUMENTS.

FOUND THEM!

**I KNEW I HAD
WHAT I NEEDED!**

**I FILLED IN
ONE SECTION.**

ONE BIT
AT A TIME.

**I TOOK MY TIME
AND DID MY BEST!** 

**I CHECKED
THE DEADLINE.**

I'M ON TRACK

**I PLANNED AHEAD
AND FELT READY! ❤️**

**I SUBMITTED
THE FORM.**

**YES! I
DID IT!**

**SENT IT OFF.
FEELS AMAZING!**

**I ORGANISED
MY FOLDER.**

**EVERYTHING
IN PLACE!**

ORDER BRINGS
PEACE OF MIND!

**I KEPT
GOING.**

ONE STEP
AT A TIME

I SHOWED UP
FOR MYSELF! 

YOU DID IT!
WE'RE SO
PROUD OF
YOU! 

TODAY I CHOOSE:

- ♥ COURAGE
- ♥ KINDNESS
- ♥ PATIENCE
- ♥ FOCUS
- ♥ SMALL STEPS

YOU'VE
GOT THIS.
ALWAYS.

I USED TO FEEL OVERWHELMED.
BUT I TOOK SMALL STEPS.
I KEPT GOING, EVEN WHEN IT WAS HARD.
AND NOW... I FEEL STRONGER, PROUDER,
AND MORE CONFIDENT IN MYSELF.

**I'M BUILDING
CONFIDENCE
ONE STEP AT
A TIME!** 

YOU'RE DOING SOMETHING AMAZING—KEEP BELIEVING IN YOU!

ONE SMALL STEP. BIG CHANGE. FOREVER PROUD.

THE END!

SHOPPING AND COOKING CAN FEEL BIG!

I HAVE TO GO SHOPPING ALONE... CHOOSE THE RIGHT FOOD... REMEMBER EVERYTHING... AND COOK SAFELY? THAT'S A LOT!

BREATHE. FOCUS. KIND TO YOUR MIND.

LEARNING TO MANAGE MEALS AND SHOP ON MY OWN IS A BIG STEP—AND IT'S OKAY TO FEEL OVERWHELMED.

★ HERE ARE SOME REASONS SHOPPING AND COOKING CAN FEEL OVERWHELMING: ★

1. GOING SHOPPING ALONE

WHAT IF I GET LOST? WHAT IF I FORGET SOMETHING IMPORTANT?

NEW PLACES AND BIG STORES CAN FEEL SCARY.

2. CHOOSING THE RIGHT FOOD

WHAT FOOD IS HEALTHY? WHAT WILL I ACTUALLY LIKE? WHAT'S BEST FOR ME?

THERE ARE SO MANY CHOICES—IT'S HARD TO KNOW!

3. REMEMBERING EVERYTHING

DID I GET EVERYTHING? WHAT DID I FORGET?

IT'S EASY TO FEEL LIKE I'LL MISS SOMETHING.

4. COOKING SAFELY

WHAT IF I BURN SOMETHING? WHAT IF I CUT MYSELF? WHAT IF I DO IT WRONG?

THE KITCHEN HAS RULES—AND SAFETY MATTERS.

★ MEET THE FEELING CREW! THEY'RE HERE TO HELP ME TAKE IT ONE STEP AT A TIME. ★

LUMPCLOUD

FEELS WORRIED IN NEW PLACES AND WHEN THINGS FEEL TOO BIG.

PANIKIT

WORRIES ABOUT MAKING RIGHT CHOICES AND MAKING MISTAKES.

FIZZLET

GETS OVERWHELMED TRYING TO REMEMBER EVERY LITTLE THING.

REPLAYMOTH

REMEMBERS SAFETY RULES SO I CAN STAY SAFE AND CONFIDENT.

TODAY IS THE FIRST STEP TOWARD MORE INDEPENDENCE!

BIG TASKS BECOME SMALL WINS WHEN I TAKE IT ONE STEP AT A TIME. I'VE GOT THIS!

TODAY I WILL:

- ♥ TRY MY BEST
- ♥ BE PATIENT WITH MYSELF
- ♥ ASK FOR HELP IF I NEED IT
- ♥ CELEBRATE MY PROGRESS!

SHOPPING ALONE CAN FEEL TOO MUCH!

INDEPENDENT SHOPPING MEANS MORE CHOICES, MORE DECISIONS, MORE STIMULATION... AND MORE FOR MY BRAIN TO MANAGE. ♥



JUST A QUICK SHOP... HOW HARD CAN IT BE?

OH RIGHT. SO MANY THINGS.

BREATHE. FOCUS. KIND TO YOUR MIND. ♥

1. MAKING THE LIST

WHAT DO I ACTUALLY NEED? WHAT WILL I FORGET?

SO MANY THOUGHTS BEFORE I EVEN LEAVE THE HOUSE. ♥

2. TOO MANY CHOICES

WHICH ONE IS BEST? HEALTHIEST? CHEAPEST? YIKES!

DECISIONS, DECISIONS... MY BRAIN GETS STUCK! ♥

3. BRIGHT LIGHTS

SO BRIGHT. SO MUCH. TOO MUCH.

MY BRAIN GETS TIRED FROM ALL THE LIGHT. ♥

4. NOISY AISLES

BEEP! ANNOUNCEMENTS! PEOPLE! TROLLEYS! TOO LOUD!

THE NOISE PILES UP FAST. ♥

5. CAN'T FIND

WHERE IS IT? I JUST NEED ONE THING!

WASTING TIME MAKES ME FEEL ANXIOUS. ♥

6. CHECKING PRICES

IS THIS A GOOD PRICE? SHOULD I WAIT?

OVERTHINKING MONEY ADDS EXTRA STRESS. ♥

7. CARRYING ALL

HEAVY BAGS. HEAVY FEELINGS. I'M SO TIRED ALREADY.

MY BODY GETS TIRED. MY BRAIN GETS TIRED. ♥

8. SELF-CHECKOUT CONFUSION

WHICH BUTTON? SCAN HERE? PAY HOW? WHY WON'T THIS WORK?!

TECH CONFUSION MAKES ME PANIC. ♥

IT'S NOT LAZINESS. IT'S NOT SILLY. IT'S OVERWHELM.

MY BRAIN IS WORKING EXTRA HARD TO HANDLE SO MANY THINGS AT ONCE.

THESE THINGS ARE REAL. MY FEELINGS ARE REAL. AND IT'S OKAY. ♥

★ MEET THE FEELING CREW: THEY SHOW UP WHEN SHOPPING FEELS LIKE TOO MUCH. ★

LUMPCLOUD



FEELS HEAVY, TIRED, AND WANTS TO GIVE UP. ♥

PANIKIT



WORRIES ABOUT EVERYTHING. WHAT IF? ♥

FIZZLET



BRAIN GOES FAST AND GETS OVERLOADED. ♥

REPLAYMOTH



REPLAYS MISTAKES AND WHAT COULD GO WRONG. ♥

NIGHTWAKER



STAYS ON HIGH ALERT. NEVER FULLY RELAXES. ♥

SORRYSprite



DOUBTS MYSELF AND FEELS NOT GOOD ENOUGH. ♥

REMEMBER: YOU ARE NOT ALONE. ♥

INDEPENDENT SHOPPING CAN FEEL TOO MUCH SOMETIMES.

IT'S OKAY TO FIND IT HARD. ♥

YOU ARE DOING YOUR BEST. ONE SMALL STEP AT A TIME. ♥

YOU'VE GOT THIS! ♥

SOMETIMES... THE WORDS GET STUCK

DURING SHOPPING
AND COOKING CAN
FEEL TOO HARD. ♡

FROM THE OUTSIDE,
IT MIGHT LOOK LIKE
I'M AVOIDING IT. ♡

BUT FROM THE INSIDE,
MY BRAIN HITS
PAUSE AND I FREEZE. ♡

I KNOW I NEED
TO SHOP AND COOK,
BUT THE WORDS
WON'T COME OUT.
THEY FEEL
TOO BIG. ♡

BREATHE.
FOCUS.
KIND TO
YOUR MIND. ♡

★ I WANT TO DO ALL THE THINGS—BUT OVERWHELM CAN FREEZE ME IN PLACE. ★

STUCK AT SELF-CHECKOUT

WHY IS THIS
SO HARD
FOR ME?

WORRYING ABOUT GETTING HOME AND COOKING SAFELY

WHAT IF I GET HOME
AND CAN'T COPE?
WHAT IF I FORGET
SOMETHING
IMPORTANT? ♡

WORRYING ABOUT USING THE HOB OR OVEN

IT'S HOT.
I COULD GET
HURT. WHAT IF
I DO SOMETHING
DANGEROUS? ♡

FORGETTING THE NEXT STEP

WAIT...
WHAT WAS
I DOING
AGAIN? ♡

SCARED OF DOING SOMETHING WRONG

WHAT IF I
MESS IT UP?
WHAT IF
THEY THINK
I'M STUPID? ♡

♥ INSIDE MY HEAD, MY FEELING CREW GET LOUD WHEN OVERWHELM TAKES OVER. ♥

PANIKIT

FEARS THE WORST
AND RACES AHEAD
OF ME. ♡

FIZZLET

GOES EVERYWHERE—
I CAN'T THINK
STRAIGHT. ♡

REPLAYMOTH

PLAYS EVERY MISTAKE
ON LOOP OVER AND
OVER. ♡

LUMPCLOUD

MAKES EVERYTHING
FEEL HEAVY AND
IMPOSSIBLE. ♡

NIGHTWAKER

WATCHES FOR
DANGER AND
EXPECTS I'LL FAIL. ♡

SORRYSprite

FEELS GUILTY FOR
JUST EXISTING AND
TAKES THE BLAME. ♡

OVERWHELM
IS NOT FAILURE.
IT'S YOUR BRAIN
TRYING TO PROTECT
YOU. ♡

WE DON'T HAVE TO
DO EVERYTHING TODAY.
WE CAN START SMALL—
ONE STEP AT A TIME. ♡

LET'S START SMALL

- ♡ ONE ITEM
- ♡ ONE STEP
- ♡ ONE BREATH
- ♡ ONE WIN

YOU DON'T
HAVE TO BE
PERFECT.
YOU JUST HAVE
TO KEEP GOING. ♡

★ SMALL STEPS. BIG DIFFERENCE. ★

MAKE A
SHOPPING LIST.
IS BRAVE. ♡

CHOOSE ONE ITEM
AT A TIME. ♡

PICK SOMETHING
SIMPLE TO COOK. ♡

PREP ONE
THING. ♡

IT'S OKAY TO CHECK
THE RECIPE. ♡

PAUSE. BREATHE.
NEXT STEP. ♡

THIS IS
THE PART
WHERE YOU
GROW! ♡

OVERWHELM CAN MAKE BIG THINGS FEEL IMPOSSIBLE,
BUT SMALL STEPS MAKE THEM POSSIBLE. ♡

YOU'VE GOT THIS, AND YOU'RE NOT ALONE.

8DHD

WHAT HELPS ME FEEL SAFER.

SHOPPING AND COOKING INDEPENDENTLY CAN FEEL BIG... BUT I CAN DO SMALL THINGS THAT MAKE A BIG DIFFERENCE.



★ SHOP SMARTER, NOT HARDER ★ EVERY TOOL HELPS ME FEEL MORE IN CONTROL.



★ COOKING STEP BY STEP ★ TOOLS AND ROUTINES HELP ME COOK SAFELY. ★



YOU CAN DO HARD THINGS!

THE FEELING CREW CHEERS YOU ON EVERY TIME. ★ ★ ★ ★

LUMPCLOUD



I'M HERE TO REMIND YOU IT'S OKAY TO TAKE IT SLOW.

PANIKIT



YOU'VE GOT PLANS, TOOLS, AND COURAGE!

FIZZLET



FOCUSING ON WHAT MATTERS WORKS!

REPLAYMOTH



YOU'RE BUILDING CONFIDENCE EVERY DAY.

NIGHTWAKER



STAY ALERT, STAY SAFE. YOU'VE GOT THIS.

SORRYSprite



BE KIND TO YOURSELF—ALWAYS.

I AM CAPABLE. I AM SAFE. I AM GROWING.

★ ★ ★ ★ YOU HAVE TOOLS. YOU HAVE PLANS. YOU HAVE YOU. KEEP GOING. YOU'VE GOT THIS! ★ ★ ★ ★

SMALL STEPS STILL COUNT!

SHOPPING AND COOKING FOR MYSELF SHOWS THAT INDEPENDENCE GROWS ONE STEP AT A TIME! ♥



I CAN DO HARD THINGS! EVERY STEP IS PROOF I'M GROWING! ♥

BREATHE. FOCUS. KIND TO YOUR MIND. ♥

TODAY'S PLAN:

- ♥ SHOP
- ♥ COOK
- ♥ BE PROUD!



★ ★ I CAN TAKE CARE OF THE LITTLE THINGS—and THEY ADD UP TO BIG WINS! ★ ★

1. PLAN AHEAD



I MAKE A LIST AND STICK TO WHAT I NEED.

2. GO SHOPPING



I FIND WHAT I NEED AND KEEP GOING.

3. PAY AT CHECKOUT



I PAY, SAY THANK YOU, AND FEEL PROUD.

4. CARRY IT HOME



I CARRY MY OWN BAGS. ONE STEP AT A TIME.

5. GET READY



I WASH, MEASURE, AND GET EVERYTHING READY.

6. COOK SAFELY



I COOK WITH CARE AND FOLLOW THE STEPS.

7. USE A TIMER



I SET A TIMER SO I DON'T GUESS. ♥

8. TURN IT OFF



I TURN OFF THE HOB AND CHECK IT'S COOL.

9. ENJOY MY MEAL



I SIT DOWN, TAKE A BREATH, AND ENJOY MY FOOD. ♥

10. FEEL PROUD



I CELEBRATE EVERY WIN. BIG OR SMALL!

★ ★ THE FEELING CREW IS SO PROUD OF YOU! YOU'RE SHOWING WHAT YOU'RE MADE OF! ★ ★

LUMPCLOUD



LIGHTER EACH DAY. MORE YOU. ♥

PANIKIT



WORRIES SHRINK WHILE CONFIDENCE GROWS! ♥

FIZZLET



FOCUSED STEPS LEAD TO BIG FREEDOM! ♥

REPLAYMOTH



EVERY GOOD CHOICE BUILDS A BRIGHTER TOMORROW! ♥

NIGHTWAKER



SHARP MIND. SAFE CHOICES. STRONG YOU. ♥

SORRYSprite



KIND TO SELF. KIND TO OTHERS. ALWAYS ENOUGH. ♥

INDEPENDENCE GROWS ONE STEP AT A TIME. ♥

ONE STEP AT A TIME



TODAY I CHOOSE:

- ♥ TO KEEP TRYING
- ♥ TO BE KIND TO ME
- ♥ TO LEARN AND GROW
- ♥ TO TRUST MYSELF
- ♥ TO DREAM BIG

YOU ARE CAPABLE. YOU ARE DOING GREAT. YOU'VE GOT THIS! ♥



★ ★ YOUR JOURNEY IS YOURS AND IT MATTERS. ★ ★

★ KEEP GOING. YOU'VE GOT THIS! ♥

THE END! ♥

LEARNING TO DRIVE CAN FEEL BIG!

LEARNING TO DRIVE IS AN **EXCITING STEP**—BUT IT CAN ALSO FEEL LIKE A LOT.

YOU DON'T HAVE TO DO IT ALL AT ONCE. ONE STEP AT A TIME, YOU'VE GOT THIS.

REAL FEELINGS. REAL HELP.

SO MANY STEPS... WHAT IF I FORGET SOMETHING? WHAT IF I GET IT WRONG?

THEORY TEST EXPLAINED

HIGHWAY CODE ESSENTIALS

SAFE DRIVING FOR LIFE

HAZARD PERCEPTION MADE EASY

YOU CAN DO THIS

BREATHE. FOCUS. YOU'VE GOT TIME.

IT'S OKAY TO FEEL OVERWHELMED. YOU'RE NOT ALONE.

PROVISIONAL LICENCE APPLICATION FORM

THEORY TEST NOTES

- Road Signs
- Rules of the Road
- Vehicle Safety
- Hazard Awareness

FOCUS PLAN PROGRESS

- TO-DO LIST
- ☐ Apply for Provisional
 - ☐ Book Theory Test
 - ☐ Study
 - ☐ Book Lessons
 - ☐ Practice
 - ☒ Pass! 😊

WHY IT CAN FEEL OVERWHELMING

1. THE THEORY TEST

NEW TOPICS, RULES AND SIGNS—SO MUCH TO LEARN.



IT'S NORMAL TO FEEL UNSURE AT FIRST.

2. SO MANY STEPS

FORMS, TESTS, LESSONS, PRACTICE, PASSING...



IT CAN FEEL LIKE A LONG LIST.

3. FEAR OF GETTING IT WRONG

WHAT IF I MAKE A MISTAKE? WHAT IF I FAIL?



IT'S OKAY TO BE NERVOUS. YOU'RE HUMAN.

4. OVERTHINKING EVERYTHING

ANALYSING, DOUBTING, REPLAYING EVERY 'WHAT IF'.



YOUR MIND IS BUSY—BUT YOU CAN TAKE CONTROL.

MEET THE FEELING CREW!

THEY'RE HERE TO CHEER YOU ON, HELP YOU STAY FOCUSED AND REMIND YOU... YOU'RE NOT ALONE.

WORRY



WORRIES ARE LOUD BUT THEY GET QUIETER.

OVERTHINKER



OVERTHINKER PLAYS SCENARIOS, BUT YOU CAN CHOOSE HOPE.

HOPE



HOPE BELIEVES IN YOU—EVEN WHEN IT FEELS HARD.

FOCUS



FOCUS BRINGS YOU BACK TO WHAT MATTERS.

ONE STEP AT A TIME. YOU'VE GOT THIS!

LET'S GO!

SO MANY STEPS... WHERE DO I EVEN BEGIN?!

LEARNING TO DRIVE CAN FEEL LIKE A LOT—BUT YOU DON'T HAVE TO DO IT ALL AT ONCE. ONE STEP AT A TIME, YOU'VE GOT THIS. ♥



THERE ARE SO MANY STEPS...

I DON'T EVEN KNOW WHERE TO START.

I JUST DON'T WANNA GET IT WRONG. ♥

BREATHE. FOCUS. KIND TO YOUR MIND. ♥

1. GETTING STARTED: PROVISIONAL LICENCE



FIRST STEP: GET YOUR PROVISIONAL LICENCE. THIS IS YOUR GREEN LIGHT TO BEGIN. ♥

YOUR JOURNEY STARTS HERE. ♥

2. THEORY TEST



LEARN THE RULES, SIGNS AND HAZARDS. KNOWLEDGE = CONFIDENCE. ♥

PASS YOUR THEORY. KNOW THE ROAD. ♥

3. BOOKING LESSONS



FIND A GOOD INSTRUCTOR. BOOK LESSONS THAT WORK FOR YOU. ♥

YOU'VE TAKEN ACTION. NICE ONE! ♥

4. LEARNING THE BASICS IN THE CAR



SEAT, MIRRORS, CONTROLS, CLUTCH, GEAR, SIGNALS... GETTING TO KNOW THE CAR. ♥

BUILDING THE FOUNDATION. ♥

5. PRACTICE, PRACTICE PRACTICE



THE MORE YOU PRACTICE, THE MORE IT BECOMES NATURAL. ♥

SMALL STEPS. BIG PROGRESS. ♥

6. LEARNING ROUTES & ROUNDABOUTS



NEW ROADS. ROUNDABOUTS. TRAFFIC. REAL-WORLD DRIVING BUILDS CONFIDENCE. ♥

EXPERIENCE MAKES YOU STRONGER. ♥

7. MOCK TESTS



MOCK TESTS SHOW WHERE YOU'RE STRONG AND WHAT TO IMPROVE. ♥

PRACTICE BUILDS CONFIDENCE. ♥

8. REAL TEST DAY



NERVES ARE NORMAL. STAY CALM, FOCUS, AND TRUST YOURSELF. ♥

YOU'VE GOT THIS!

YOU'VE DONE THE WORK. GO SHOW IT. ♥

9. DRIVING INDEPENDENTLY



FREEDOM. RESPONSIBILITY. NEW ADVENTURES. YOU DID IT! ♥

ENJOY THE JOURNEY & DRIVE SAFE. ♥

★ MEET THE FEELING CREW: THEY'RE HERE TO CHEER YOU ON EVERY STEP! ★

WORRY



WORRIES ARE LOUD BUT THEY QUIETER. ♥

OVERTHINKER



PLANS EVERYTHING BUT TAKES IT ONE STEP. ♥

HOPE



BELIEVES IN YOU—EVEN WHEN IT FEELS HARD. ♥

ENCOURAGER



YOU CAN DO HARD THINGS! KEEP GOING! ♥

FOCUS



ONE STEP. ONE TASK. YOU'VE GOT THIS. ♥

YOU DON'T HAVE TO DO IT ALL TODAY. ♥

★ ONE STEP AT A TIME. THAT'S HOW YOU GET THERE. ★

YOU'VE GOT THIS!

LET'S DRIVE! ♥

SOMETIMES... IT FEELS TOO HARD

LEARNING TO DRIVE SHOULDN'T
FEEL LIKE THIS... BUT TODAY IT DOES. ♡

LEARNING TO DRIVE
SHOULDN'T FEEL LIKE
THIS... BUT TODAY
IT DOES. ♡

8DHD+

BREATHE.
FOCUS.
KIND TO
YOUR MIND. ♡

PRESSURE TO GET IT RIGHT

ONE TINY MISTAKE
AND I FEEL LIKE
I'VE FAILED.

BEEP!

EVERY MOVE FEELS
SO IMPORTANT. ♡

FEAR OF JUDGEMENT

WHAT IF THE
INSTRUCTOR
THINKS I'M STUPID?

WHAT IF PEOPLE
WATCHING THINK
I'M AWFUL? ♡

MEMORY BLANKS

I KNOW IT ONE SECOND...
THEN IT'S GONE.

...??

MY MIND JUST
GOES BLANK.

OVERTHINKING EVERY MOVE

MIRROR... SIGNAL...
POSITION... SPEED...
CLUTCH... GEAR...
BRAKE...

I ANALYSE EVERYTHING
AND STILL DOUBT. ♡

WORRYING ABOUT THE TEST

IT FEELS SO FAR AWAY...
AND AT THE SAME TIME,
WAY TOO CLOSE.

DRIVING TEST

WHAT IF I MESS IT UP
WHEN IT MATTERS?

COMPARING MYSELF TO OTHERS

WHY DOES IT COME
SO EASY FOR THEM?
WHY AM I STRUGGLING
SO MUCH?

I FEEL LIKE I'M ALWAYS
FALLING BEHIND. ♡

FEELING BEHIND

EVERYONE ELSE SEEMS
FURTHER AHEAD.
I SHOULD BE
BETTER BY NOW.

YOUR
PACE IS
OKAY ♡

IT'S HARD NOT TO
FEEL LEFT BEHIND. ♡

WANTING TO GIVE UP

MAYBE THIS
JUST ISN'T
FOR ME.

SOMETIMES I JUST
WANT TO QUIT. ♡

WHEN IT ALL FEELS TOO MUCH—THE FEELING CREW GET LOUD!

WORRY
WHAT IF I
MESS UP?
WHAT IF?

SELF-DOUBT
YOU'RE NOT
GOOD ENOUGH!
YOU NEVER
WILL BE!

SHAME
YOU SHOULD
BE BETTER
THAN THIS!

OVERTHINKER
THINK HARDER!
PLAN MORE!
CHECK
EVERYTHING!

GIVE UP
IT'S TOO HARD!
QUIT NOW AND
SAVE YOURSELF
THE STRESS!

HEY, LISTEN. ♡
THIS ISN'T YOU BEING LAZY.
THIS IS OVERWHELM.
YOUR BRAIN IS DOING ITS
BEST TO KEEP YOU SAFE.
IT JUST GETS LOUD
SOMETIMES.
AND THAT'S OKAY. ♡

SMALL STEPS
STILL COUNT.
YOU DON'T HAVE
TO BE PERFECT.
YOU JUST HAVE TO
KEEP SHOWING UP—
ONE TINY STEP
AT A TIME. ♡

WHAT HELPS ME RESET:

- ☁ TAKE A BREATH
- 📝 BREAK IT DOWN
- 🔍 FOCUS ON THE NEXT SMALL STEP
- 💖 KIND SELF-TALK
- ★ REMEMBER WHY THIS MATTERS TO ME

I'M NOT BEHIND.
I'M ON MY OWN
PATH, LEARNING
IN MY OWN WAY.
I'M STILL
BECOMING.
AND THAT'S
ENOUGH. ♡

PROGRESS
ISN'T LOUD...
BUT IT'S REAL! ♡

BE PROUD OF THE STEPS NO ONE SEES.

BUT IT'S STILL PROGRESS. ♡

8DHD+

WHAT HELPS ME FEEL SAFER

8DHD

TOOLS, SUPPORT AND PRACTICE THAT HELP ME LEARN, GROW AND DRIVE WITH MORE CONFIDENCE. ♥

CALM

FOCUS

COURAGE

SUPPORT

KINDNESS

WE'RE HERE TO HELP YOU, NOT SCARE YOU. ♥

1. PLAN AHEAD.

KNOWING WHAT'S COMING HELPS MY BRAIN FEEL MORE PREPARED.

LESSON PLAN:

- ✓ CHECK CAR
- ✓ ROUTE
- ✓ PARKING PRACTICE
- ✓ ASK QUESTIONS
- ✓ TAKE BREAKS

2. WRITE REMINDERS.

I JOT DOWN KEY THINGS TO REMEMBER.

TODAY'S REMINDERS

- Mirror, Signal, Manoeuvre
- Breathe
- Take my time
- One step at a time
- I've got this ♥

3. PRACTISE FAMILIAR ROUTES.

REPETITION BUILDS CONFIDENCE.

I KNOW THIS ROAD. ♥

4. TAKE BREAKS.

REST RESETS MY BRAIN SO I CAN FOCUS BETTER.

PAUSE. RESET. GOOD PLAN. ♥

5. POSITIVE SELF-TALK.

I SPEAK TO MYSELF LIKE A MATE, NOT A CRITIC.

YOU'RE LEARNING. YOU'RE DOING WELL. ♥

6. ONE SKILL AT A TIME.

I FOCUS ON ONE THING, BUILD IT, THEN MOVE ON.



SMALL STEPS. BIG PROGRESS. ★

7. USE A CALM INSTRUCTOR.

A CALM VIBE HELPS MY NERVOUS SYSTEM STAY STEADY.

YOU'RE DOING GREAT. KEEP BREATHING. ♥

INSTRUCTOR

8. ASK QUESTIONS.

THERE ARE NO SILLY QUESTIONS. CURIOSITY BUILDS CONFIDENCE.

CAN YOU EXPLAIN THAT AGAIN? ♥

OF COURSE! 😊

9. VISUALISE SUCCESS.

I PICTURE IT GOING WELL. THEN I GO MAKE IT HAPPEN.

10. CELEBRATE PROGRESS, NOT PERFECTION.

EVERY STEP FORWARD COUNTS.

NAILED REVERSE PARKING! ♥ ✓

STAYED CALM IN TRAFFIC! ★

GOT THROUGH A BUSY ROUNDOABOUT! ☺

TRIED SOMETHING NEW! ♥ ★

PROGRESS > PERFECTION.

YOU'VE GOT WHAT IT TAKES. KEEP BUILDING CONFIDENCE!

THE RIGHT TOOLS. THE RIGHT SUPPORT. PRACTICE.

BIG DIFFERENCE.

I'M LEARNING. I'M DRIVING. I'M GROWING. ♥

SMALL STEPS STILL COUNT!

8DHD

BE PROUD
BE PATIENT
BE YOU

EVERY MILE, EVERY LESSON, EVERY WIN—
YOU'RE GETTING THERE. ♥

LOOK HOW FAR
YOU'VE COME! ♥

MY DRIVING JOURNEY

- ✓ LEARN
- ✓ PRACTICE
- ✓ IMPROVE
- ✓ BELIEVE
- ✓ DRIVE SAFE

ONE STEP
AT A TIME

8 WINS. ONE JOURNEY. SO MUCH PROGRESS.

1 PASSED MY
THEORY TEST!

PRACTICAL DRIVING
THEORY TEST
PASS CERTIFICATE
WOOO!

YOU DID THE WORK.
YOU KEPT GOING. ♥

2 LEARNED THE
BASICS!

- MIRRORS
- SEAT BELTS
- SIGNALS
- CLUTCH
- GEAR
- = PROGRESS

BUILDING A STRONG
FOUNDATION. ♥

3 HANDLED A
ROUNDBOUT!

ONE EXIT
AT A TIME!

NEW PLACES.
NEW CONFIDENCE. ♥

4 PARKED THE CAR
(PERFECT(ISH!))

NOT BAD,
NOT BAD!

PRACTICE MAKES
PROGRESS. ♥

5 STAYED CALM
WHEN IT GOT TRICKY!

BREATHE.
FOCUS.
YOU'VE GOT THIS.

CALM MIND.
SAFER DRIVING. ♥

6 ASKED FOR HELP
WHEN I NEEDED IT!

THANKS
FOR GUIDING
ME! ♥

TEAMWORK
MAKES US GROW. ♥

7 KEPT PRACTICING,
EVEN ON HARD DAYS!

SOME DAYS
ARE HARDER.
I STILL SHOW
UP.

CONSISTENCY
CREATES CHANGE. ♥

8 NOW I'M CLOSER
TO DRIVING
INDEPENDENTLY!

MORE
CONFIDENCE.
MORE FREEDOM.
MY WAY. ♥

ONE STEP CLOSER.
MANY MORE TO GO. ♥

MEET THE
FEELING CREW!

THEY'RE SO PROUD
OF YOU! KEEP
BELIEVING IN
YOURSELF. ♥

WORRY



I'M STILL HERE,
BUT YOU'RE
HANDLING ME
BETTER. ♥

OVERTHINKER



I OVERTHINK A LOT,
BUT YOU CHOOSE
HOPE. ♥

HOPE



I BELIEVE IN
YOU—EVEN WHEN
IT FEELS HARD. ♥

ENCOURAGER



YOU'VE COME SO
FAR! KEEP GOING,
YOU'RE AMAZING! ♥

FOCUS



ONE STEP.
ONE TASK.
YOU'VE GOT
THIS. ♥

NOT PERFECT.

NOT LINEAR.

BUT REAL.

AND THAT'S

ENOUGH. ♥

INDEPENDENCE
GROWS ONE STEP
AT A TIME.

YOU'RE BUILDING
A LIFE THAT WORKS
FOR YOU. ♥

KEEP
GOING.
YOU'VE
GOT THIS!

THE
END!

★ BE KIND TO YOURSELF. PROGRESS OVER PERFECTION. 8DHD MIND. BIG HEART. ♥

BIG STEPS START WITH SMALL STEPS!

This comic pack is your guide to the **first steps** toward **independence**. From money and calls to paperwork, shopping, cooking, and driving—each comic breaks big tasks into **small, manageable steps**.

It's okay to feel overwhelmed. You're not alone. You've got this! ♥

INDEPENDENCE
ONE SMALL STEP
AT A TIME

INSIDE, YOU'LL FIND COMICS ABOUT:

MONEY



Budgeting, bank accounts, and smart money moves.

CALLS



Making calls, leaving messages, and getting what you need.

PAPERWORK



Forms, IDs, deadlines, and staying organized.

SHOPPING



Planning, lists, deals, and shopping with confidence.

COOKING



Easy meals, kitchen basics, and feeding yourself well.

DRIVING



Licences, rules, safety, and getting where you need to go.

MEET THE FEELING CREW!

Your feelings matter. They're here to help you through the ups, downs, and everything in between.

REMEMBER:

- ☒ PROGRESS OVER PERFECTION
- ☒ ASK FOR HELP
- ☒ CELEBRATE SMALL WINS
- ☒ BE KIND TO YOURSELF

SMALL STEPS
STILL COUNT.

★ YOU'VE GOT THIS. ★

♥ BREATHE. FOCUS. ONE STEP AT A TIME. ♥