Our diagnosis does not define us. Our mental health challenge is just one aspect of who we are.

In this worksheet, you will have a chance to explore YOU before, and after, being diagnosed with a mental health challenge. Let the flower be a symbol of you.

**Step 1:** Put your name in the center of each flower.
**Step 2:** Fill in the important things about who you were as a person BEFORE diagnosis. You might include examples of your talents, interests, spirituality, family, culture, your hopes and dreams, etc.
**Step 3:** What, if anything, has changed about you since diagnosis? Are there new things you want to add to your petals? Are there petals that no longer belong after diagnosis?

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**Me Before Diagnosis**

**Me After Diagnosis**

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**My Flower Story**

Summarize what’s the same and what’s different now that you have a mental health diagnosis

*Example: I used to think I was invincible and that only weak people had problems. Now I am more compassionate. I’m even thinking about getting a job helping other people who experience challenges like I do.*

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**My Plan for Using My Flower Story**

I will *(check all that apply)*

- Share my flower story with _________________.
- Take a photo of my flowers and store them on my phone to remind me of how far I have come.
- Cut out my flower story and post it in a prominent place to remind me of what I have accomplished.
- Create my own art, music or video to express and celebrate who I am today.
- Look at my card and remember my worth if I encounter stigma.
- Other: ______________________________