

# What is B.O.B.S?

BEING  
OUR  
BEST  
SELVES



B.O.B.S NOW is a social and creative programme, supporting people to achieve and maintain happy hearts, brains and bodies.

A new chapter every week, filled with fun, creative activities to get you thinking and moving!



Online meet ups to chat and check in with B.O.B.S coaches & meet other people.

HAVE FUN!



“The most important thing is to enjoy your life - be happy - that is all that matters”

*Audrey Hepburn*



FEEL GOOD!

Take a sneak peek at a B.O.B.S page ...

Helping you along the way, we will have handy tips to help you succeed with the activities!



JACK AND JESS



# 3 GREAT THINGS

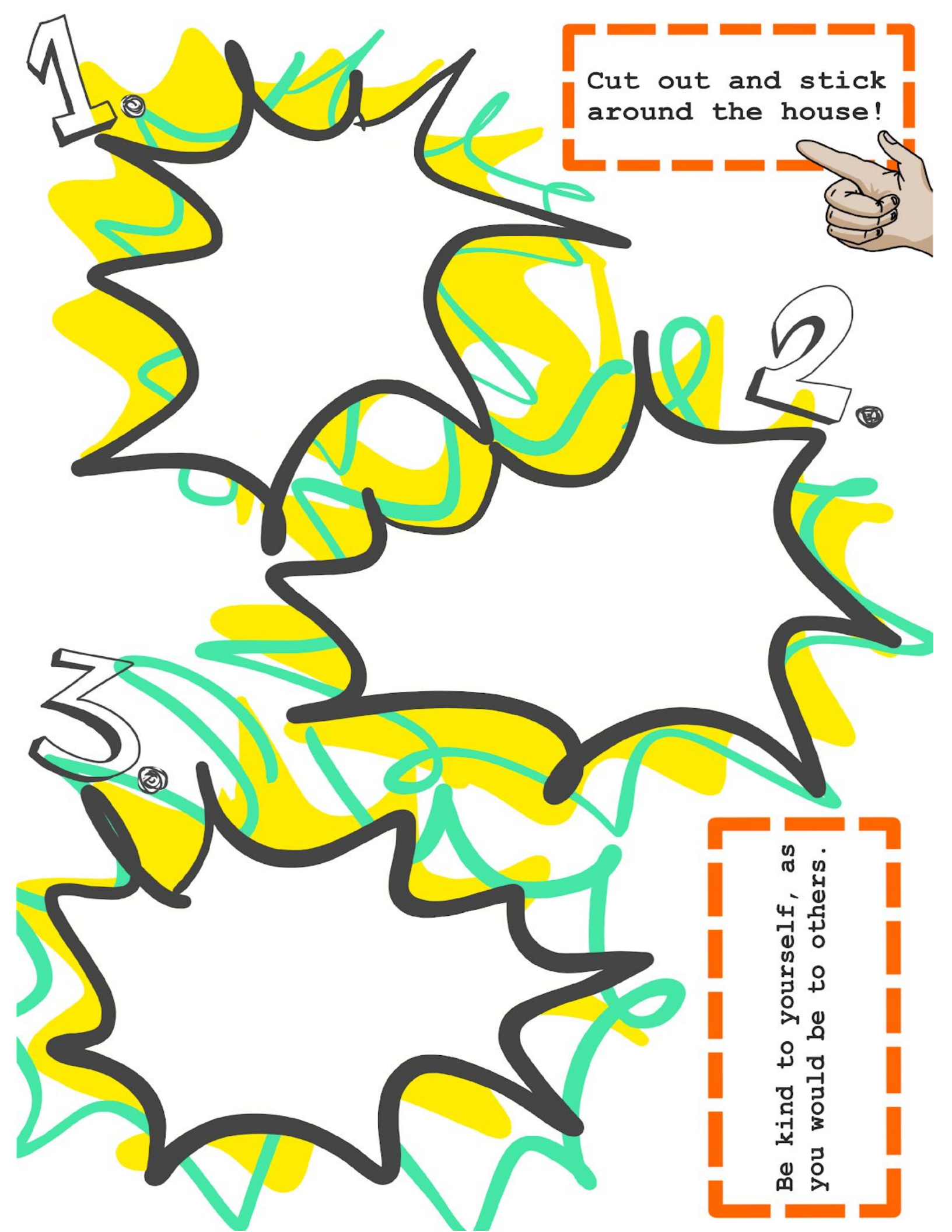
This is an exercise to get you thinking positively about yourself. You need to write down 3 great things about you!

Hi everyone, Jess here!  
I have made a video to help you  
with this. Check it out here...



Think about what you are good at and what makes you individual. Use the next page to write them down, then also try saying them out loud to yourself in the mirror...





Cut out and stick  
around the house!



Be kind to yourself, as  
you would be to others.