

Next Chapter

(but not the last chapter)

An occupational therapy accountability journal
created by Eden Greene

Occupational therapists empower individuals to live the best life they can through improving their quality of life. Occupational therapists do this through working alongside an individual to set meaningful goals and overcome obstacles in their life in a holistic manner. The transition from college into life is a difficult obstacle for many to overcome and often times individuals just need the tools and resources to overcome it. Occupational therapists can provide the guidance and tools needed, which is why this book was written by an occupational therapy student because it provides a holistic approach to this chapter in life. This book provides a variety of tools and resources for individuals in this transition

Everyone tells us to go to college and get a degree. But what happens when we get the degree? College is only one chapter in the story of our lives. In college we have a schedule that is created for us that lasts 4 years. We live and are surrounded by our best friends . Then we're handed a degree and sent off into the world. We lose the support network as we move to different parts of the world to take the dream job, a job, or no job. All of these things affects us and are hard to deal with alone. Maybe you have it all together, maybe you don't.

This journal was created to help the transition. It's filled with different activities that last three months to provide guidance to a balanced lifestyle. They are categorized into weeks but not labeled by day to allow self direction to complete all activities within the week. There are small check boxes in the bottom right corner of each page to check following completion of the page. At the end of each week there is an encouraging quote that can be colored and journal pages to be used throughout the week if desired. The journal has wide margins to encourage they be filled with thoughts and doodles. This journal is what you make of it - so enjoy the process.

MONTH ONE

- Week one -

Write a SMART goal for the next few months for job/moving

Specific

Measurable

Actionable

Realistic

Timely



Write your future sentence

Your sentence is a statement that you want to be known as or how you are remembered. So your future sentence is one that speaks into who you want to be.



Take a walk outside for 5-10 minutes and make sure to take in deep breaths of fresh air in as you walk and take note of small details in the nature around you



Blast some music and sing at the
top of your lungs while cleaning
your room



What is your favorite meal?
Make it and enjoy it!



Finish the sentence, "I wish..."

Write for 3 minutes and when done circle the top 3 things that stand out to you/you want. Then, try and make them a reality.



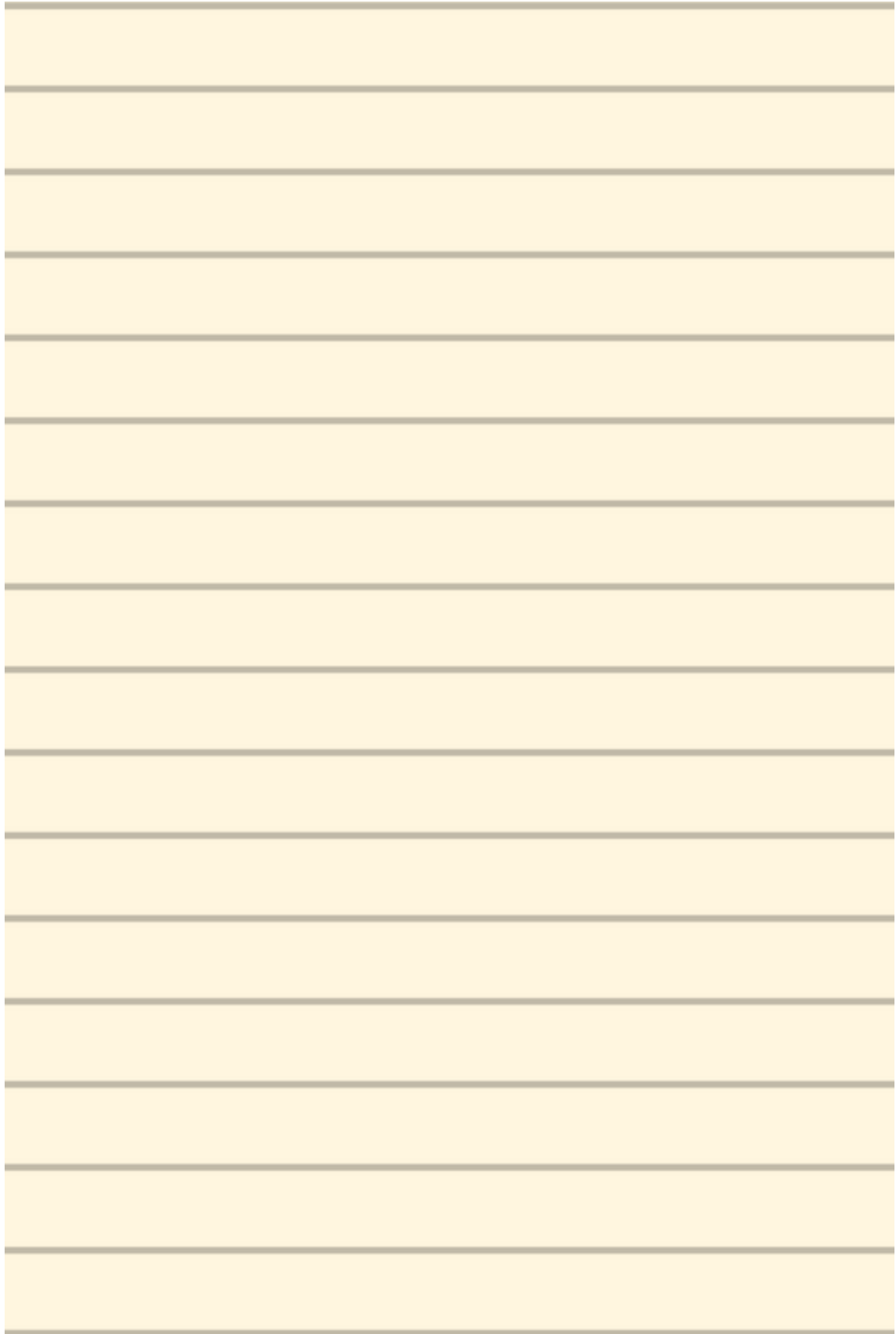
Spend some time in meditation this week reflecting on the good and the bad of the week



It's THE Doodle

Things That Make

Life Wonderful







- Week 2 -

Use the money you would spending
on yourself for a drink or treat and
treat someone else with it OR just
go get a drink or treat with a friend
and catch up with them



Write out your schedule for
the next month



Make a list of your strengths and weaknesses

STRENGTHS

WEAKNESSES



Take the long way/different route
home today and enjoy a little
adventure



Try yoga with a friend!
Youtube has a lot of options.



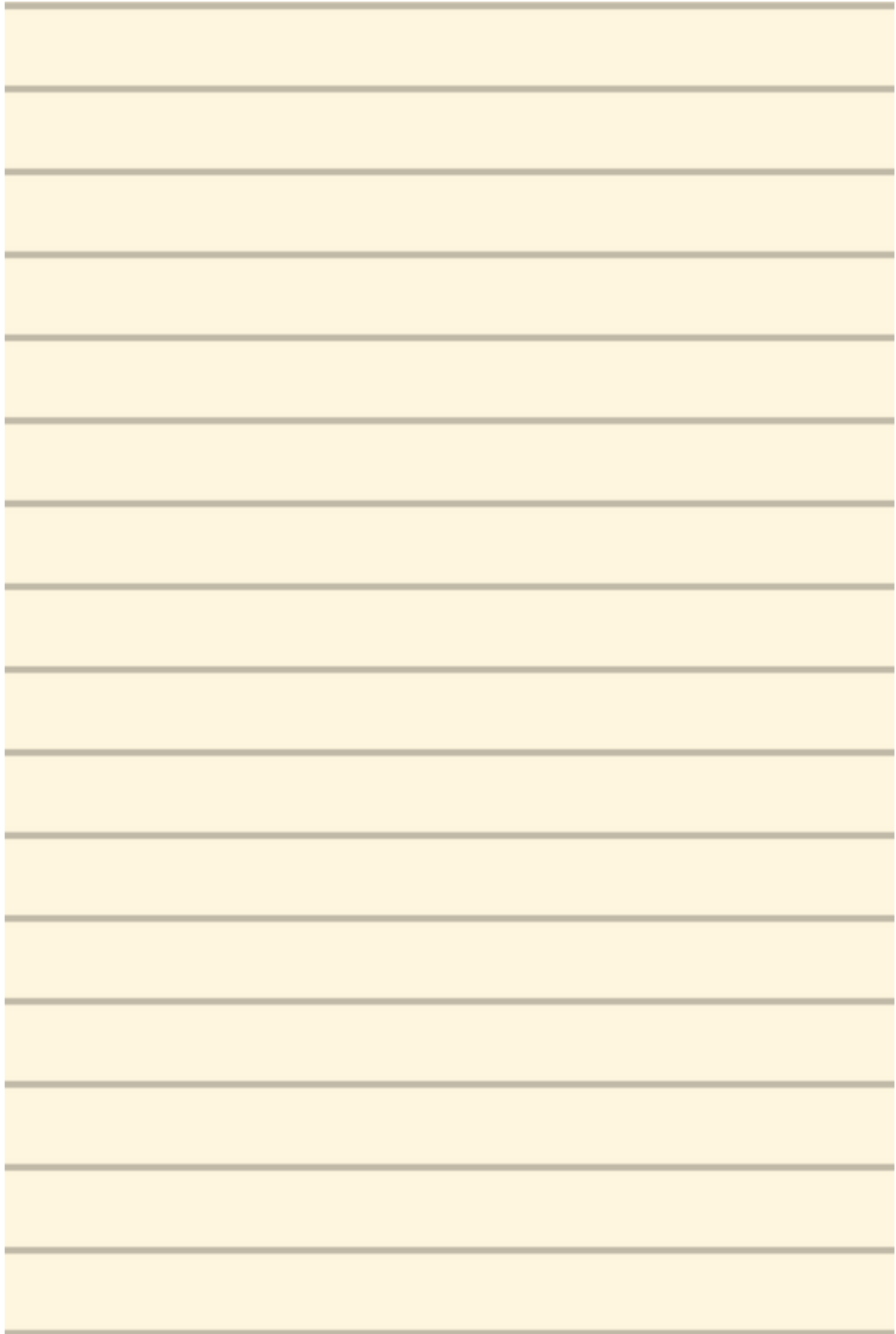
Pick up a good book or magazine
and get lost in it

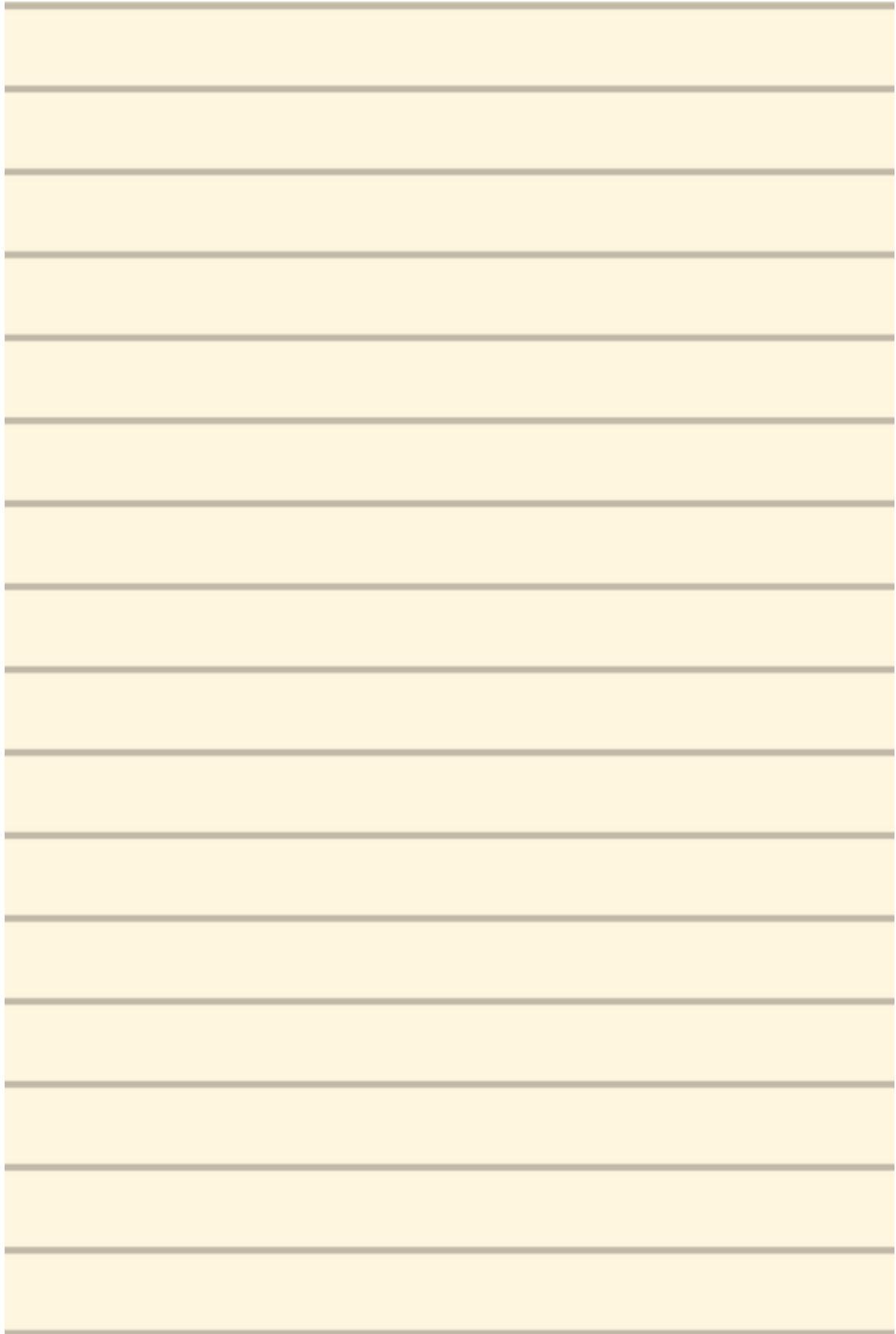


Call a friend and catch up!



Today is your DAY!
Your Mountain
is waiting. So get
on your way.







- Week 3 -

Write a letter to a friend today to encourage them and let them know you're thinking of them



Breathing exercise

Inhale and count to 5

Hold your breath and count to 3

Exhale and count to 8

Hold your breath and count to 1

REPEAT



Treat yourself to some exercise today - your choice of what it is.



Drink 24 oz of water today
= 3 cups of water



Go for a walk and focus on the
warmth of the sunshine on your
skin



List/draw your fears for the
upcoming months



List/draw what you are excited about for the upcoming months



BE GRATEFUL

Be SMART

BE INVOLVED

BE TRUVE

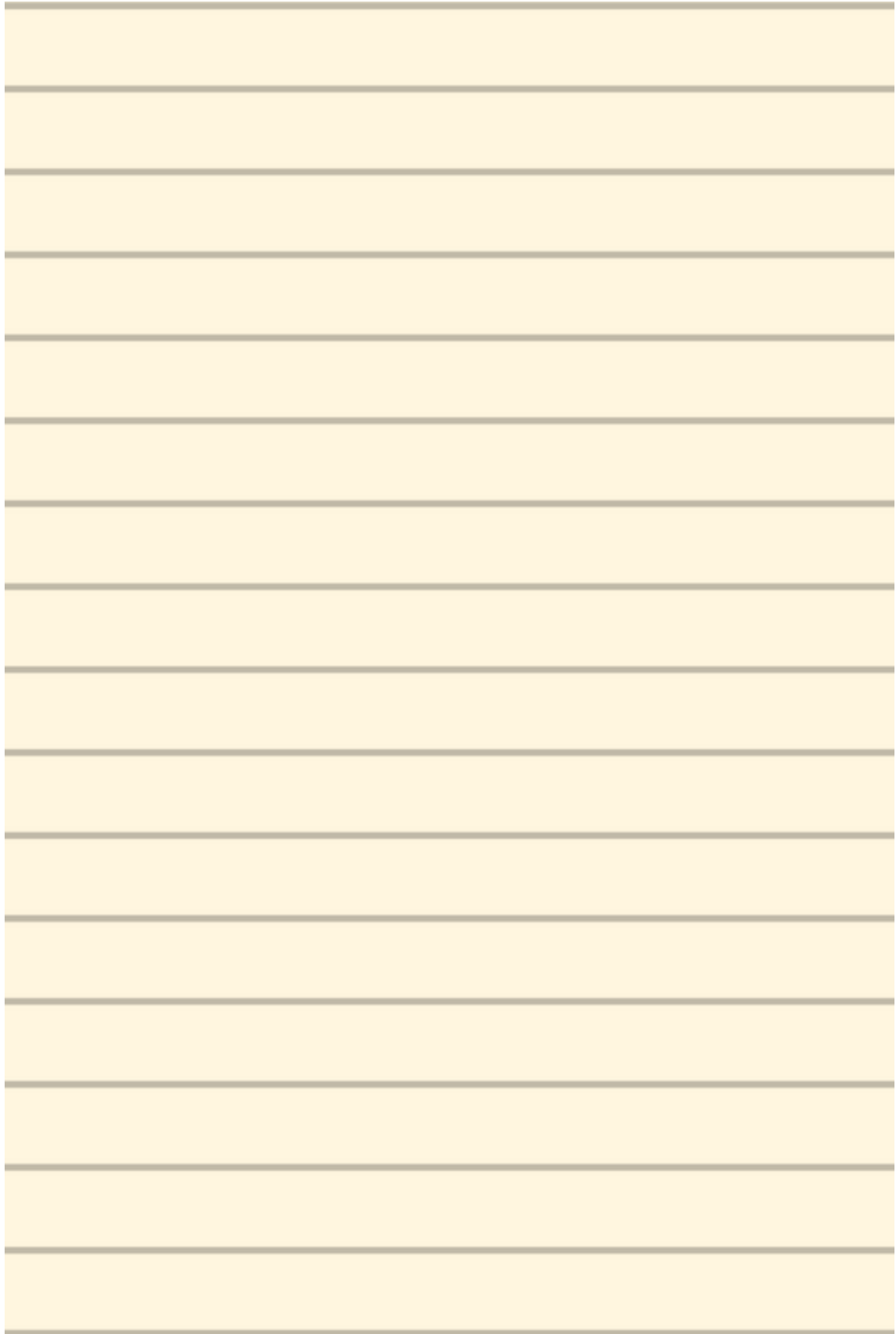
Be STILL

BE HUMBLE

Be CLEAN

BE POSITIVE*

Be Prayerful







- Week 4 -

Write a SMART goal for finances
for the upcoming months

Specific

Measurable

Actionable

Realistic

Timely



Pull out your resume and
update and edit it



Call a friend you haven't talked
to in awhile and catch up



Hit the snooze button again!



Write a list of 5 activities you do daily.

1.

2.

3.

4.

5.

Does your list include a mixture of leisure, self-care, and work and lifestyle?
If not, how could you change that?



Do a short workout today

- Calf raises while brewing your coffee
- Squat while brushing your teeth
- Touch your toes 5 times and stretch your back out
- Do 20 jumping jacks
- Do 20 push ups OR sit ups - your choice

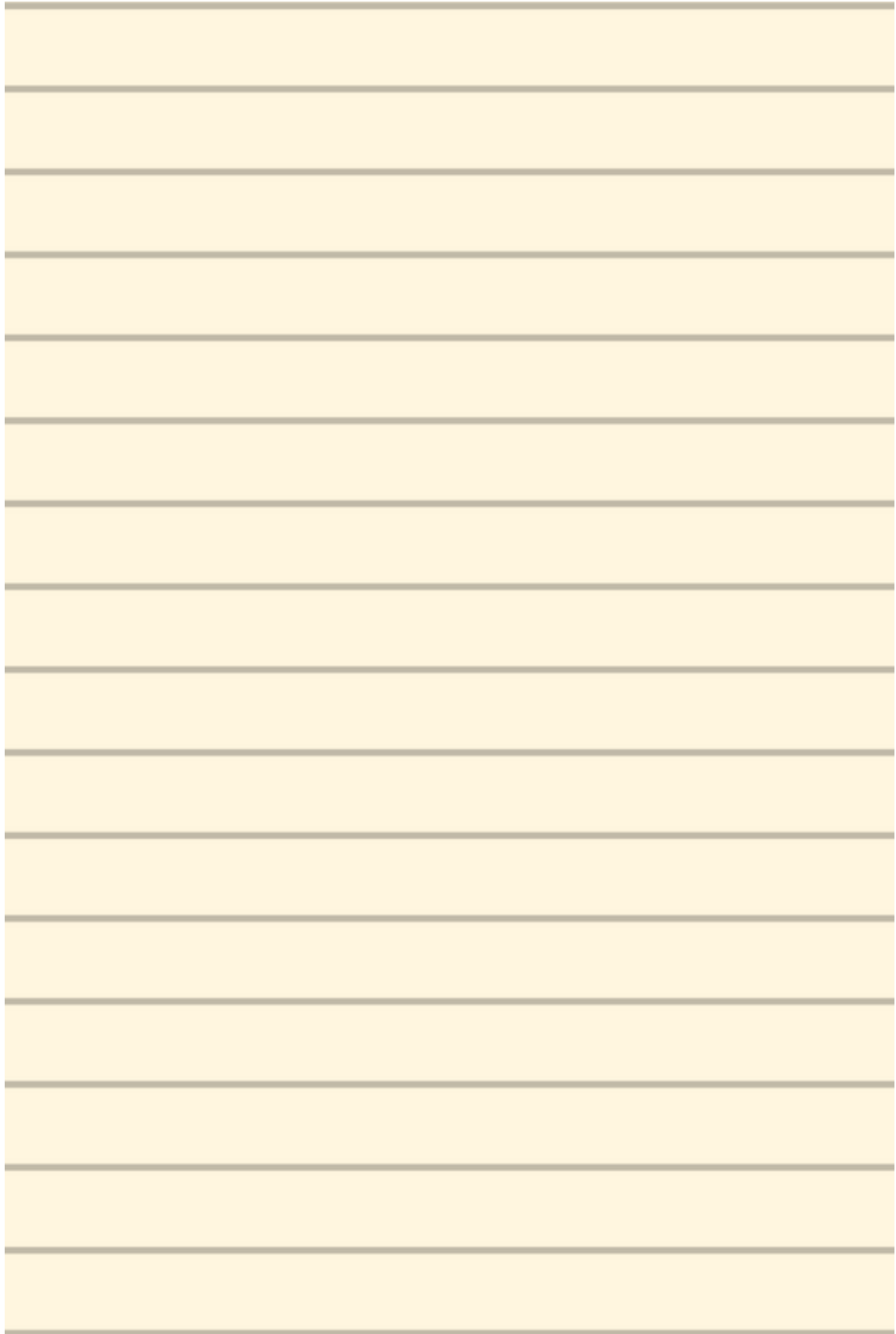


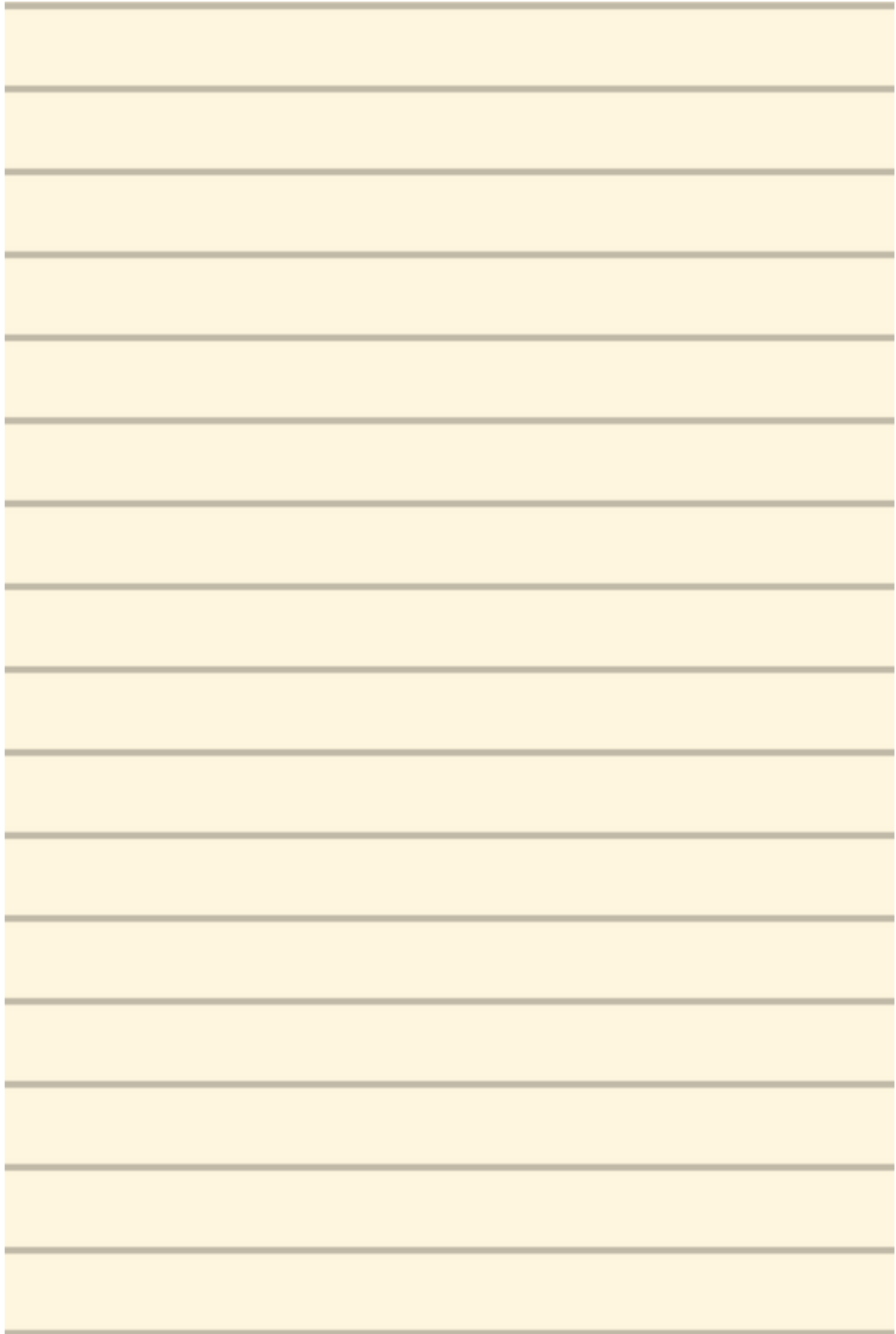
IF you can

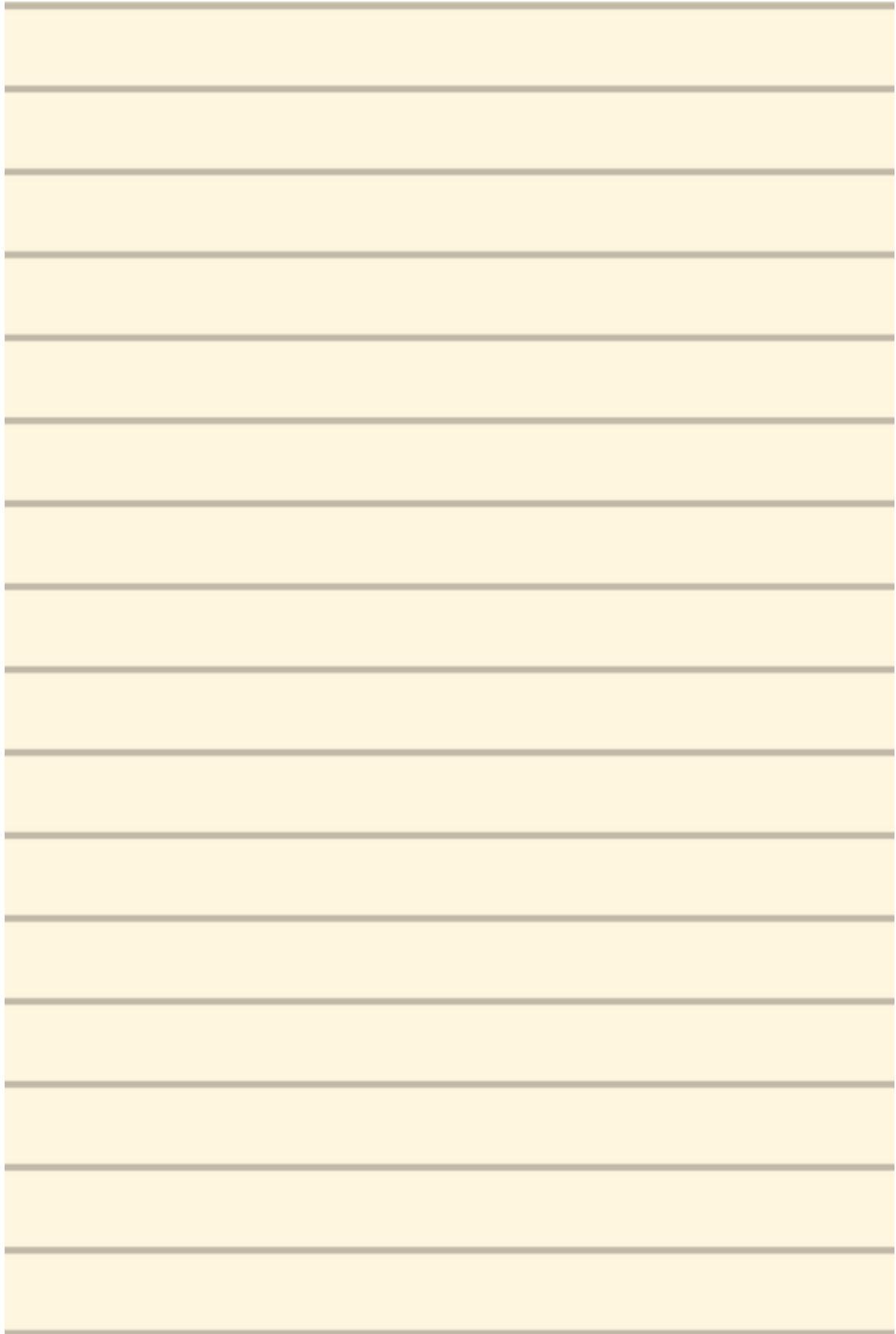
DREAM it,

you can

DO it.







Month 2
- Week 1-

Write an encouraging note
or letter to your future self



Make your bed today



Do something differently with
your hair today to change it up
and ROCK IT



Put some music on and dance it
out this morning



What are you thankful for
TODAY?



Spend a hour job or apartment
searching - if you already have
both then just relax!



Look up a fun workout on youtube
with a friend and try it out



IT TAKES

Courage

to grow UP AND

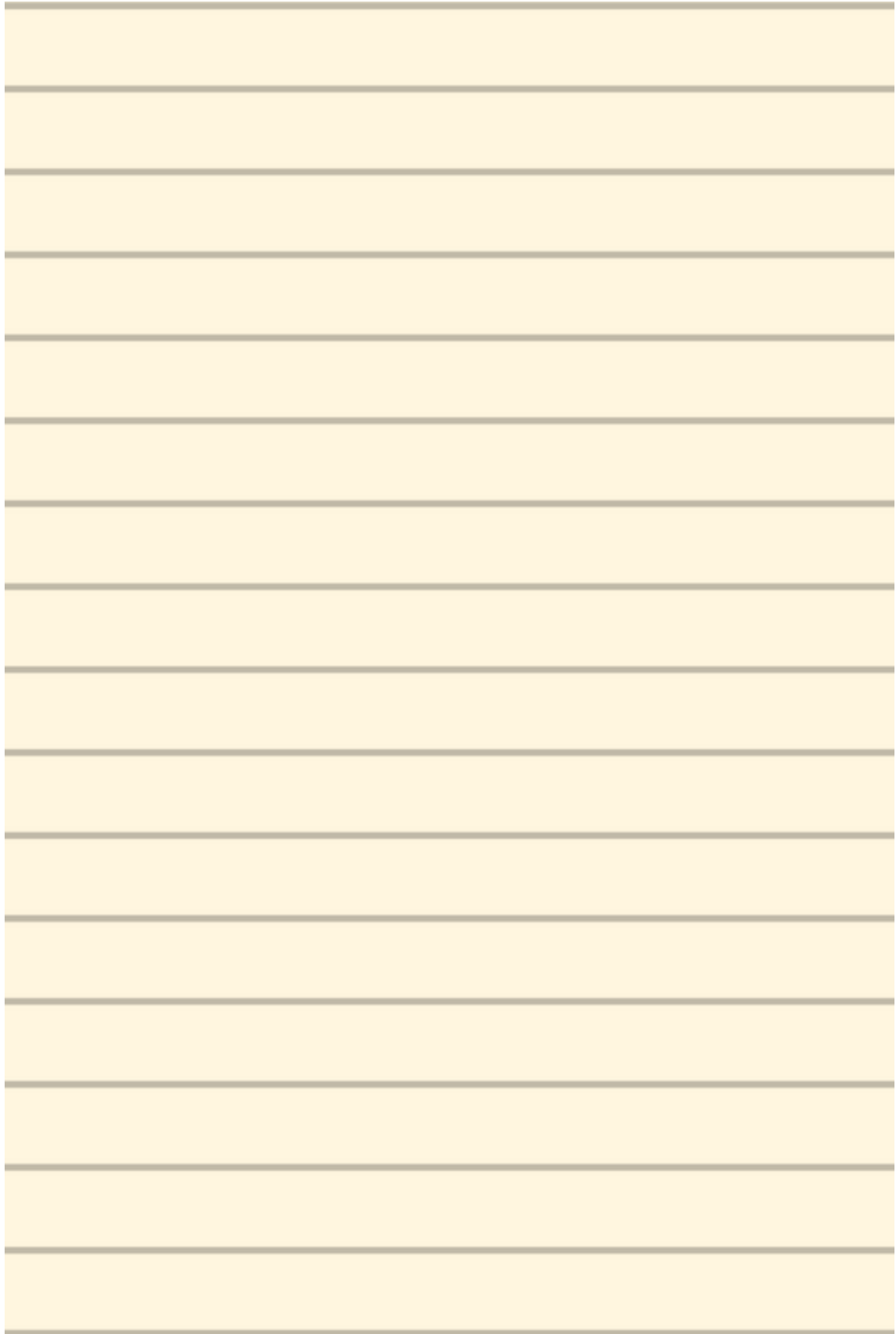
become

who never

REALLY

are







- Week 2 -

List your feelings you've been experiencing lately



Research places you could
volunteer at in your community



Eat a piece of chocolate but let it
slowly melt in your mouth so you
can enjoy its warmth and sugary
goodness



Make dinner tonight, and not
something frozen. Challenge
yourself!!



Walk/Run/Hop/Skip
but get outside!!



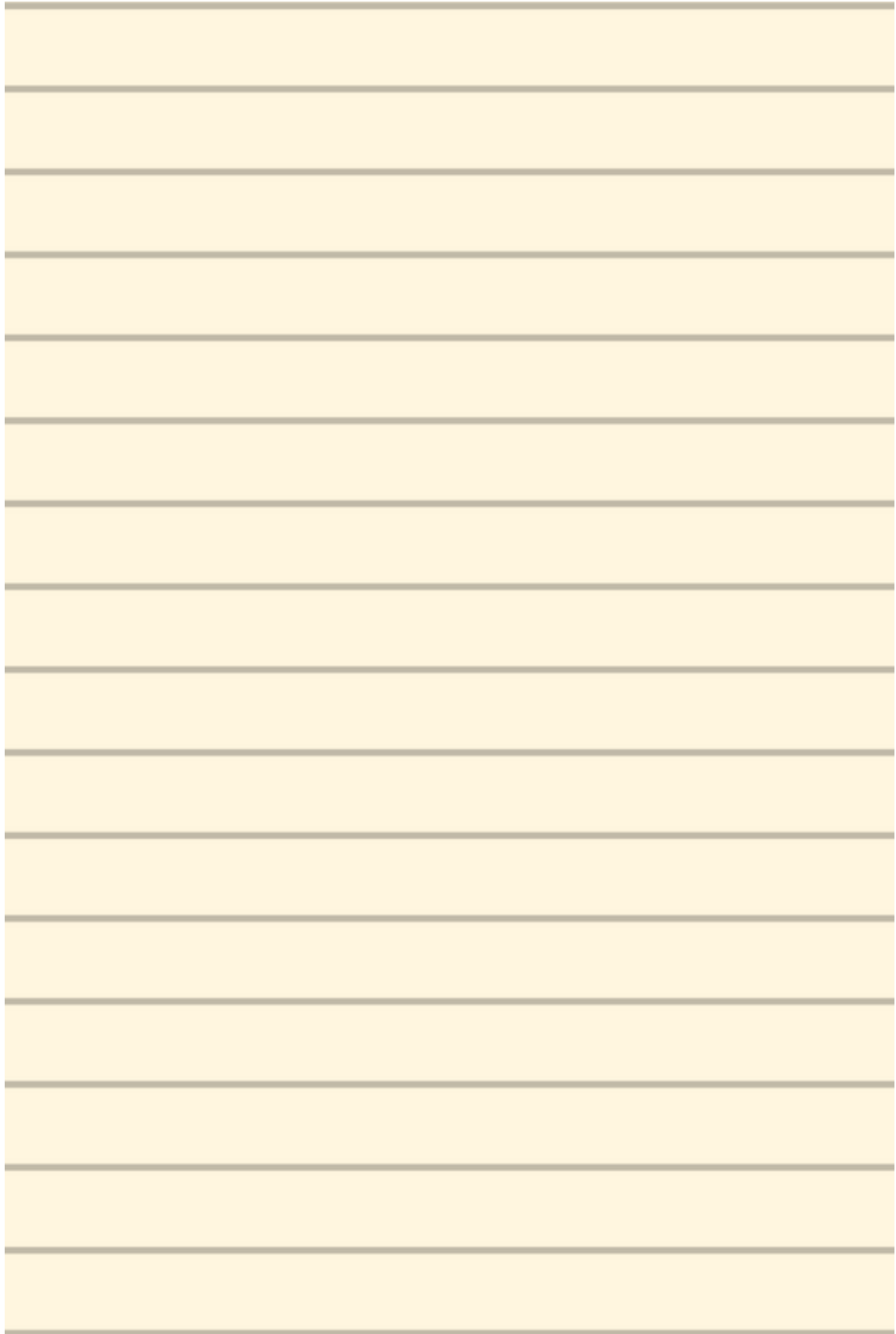
It's up to you! Try something you
enjoyed doing from this book
already

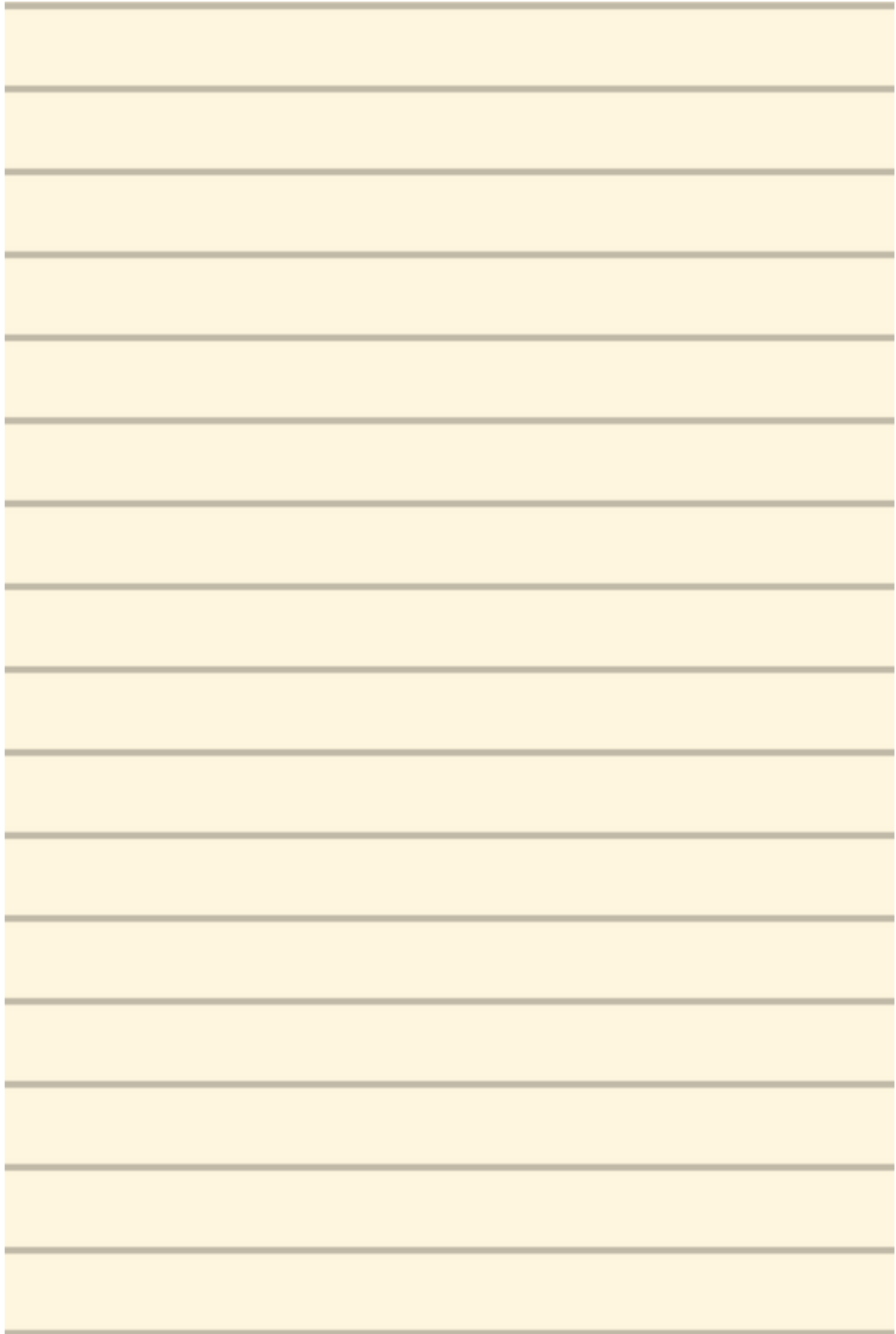


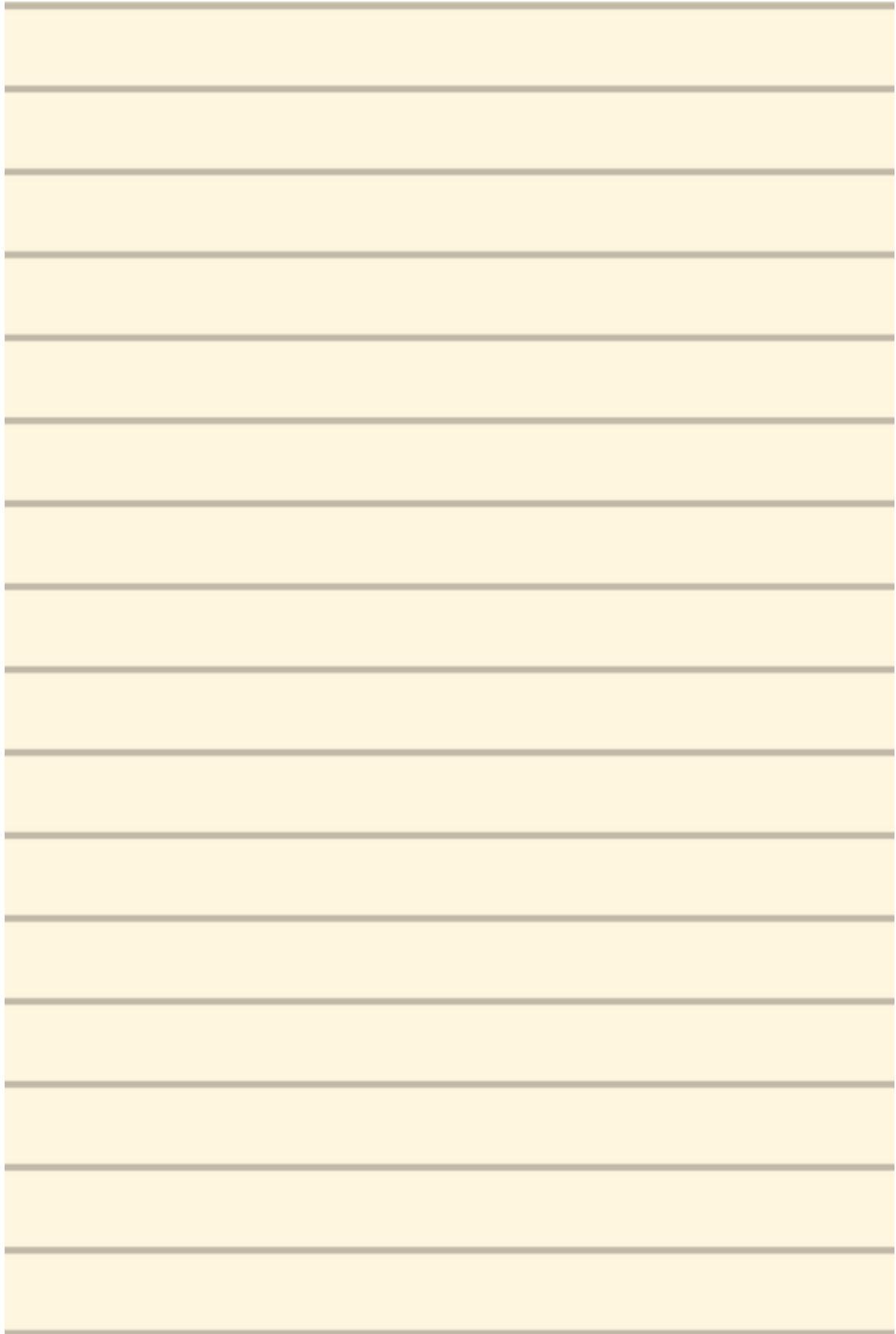
Go to the dollar store or dollar section in Target and pick out a gift for a friend just because you love them



COURAGE DOES
NOT Always ROAR.
SOMETIMES it's the
QUIET Voice at
END of THE DAY saying
I WILL Try Again
TOMORROW.







- Week 3 -

Write 3 positives for every
negative you're feeling or
thinking



How's job searching going?
Follow up with the jobs you
applied to



Write out a checklist for the day -
you'll find accomplishment with
every checkbox you check



Tell your family you're thankful
for them and love them



Go for a hike/walk with a friend



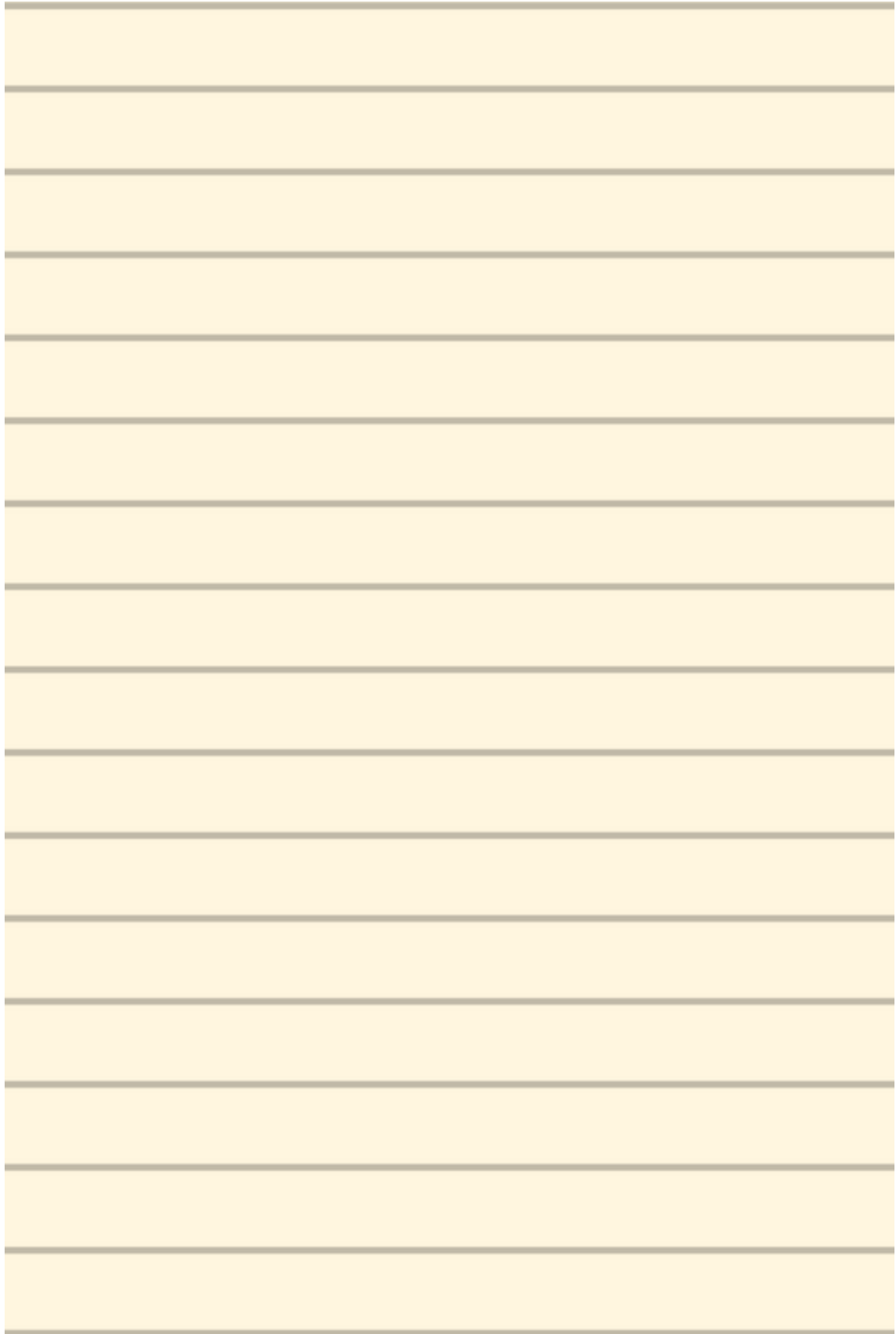
Finish the sentence, "I believe..."



ALL OUT DRAMA
CAN COME TRUE...
if WE HAVE THE
COURAGE TO PURSUE THEM







- Week 4 -

Try meal planning for this week
(and McDonalds for each meal
doesn't count)



Finish the sentence, "I am
thankful for...."



It's up to you! Try something
you enjoyed doing from this
book already



Blast the music this morning and
karaoke along - sing your emotions
away



Write a list of 5 activities you do daily.

1.

2.

3.

4.

5.

Do they help maintain skills and provide exercise and provide mental stimulation?



Do a short workout today

- Calf raises while brewing your coffee
- Squat while brushing your teeth
- Touch your toes 5 times and stretch your back out
- Do 20 jumping jacks
- Do 20 push ups OR sit ups - your choice



Spend some time in meditation
this morning reflecting on
yourself and where you are since
graduation



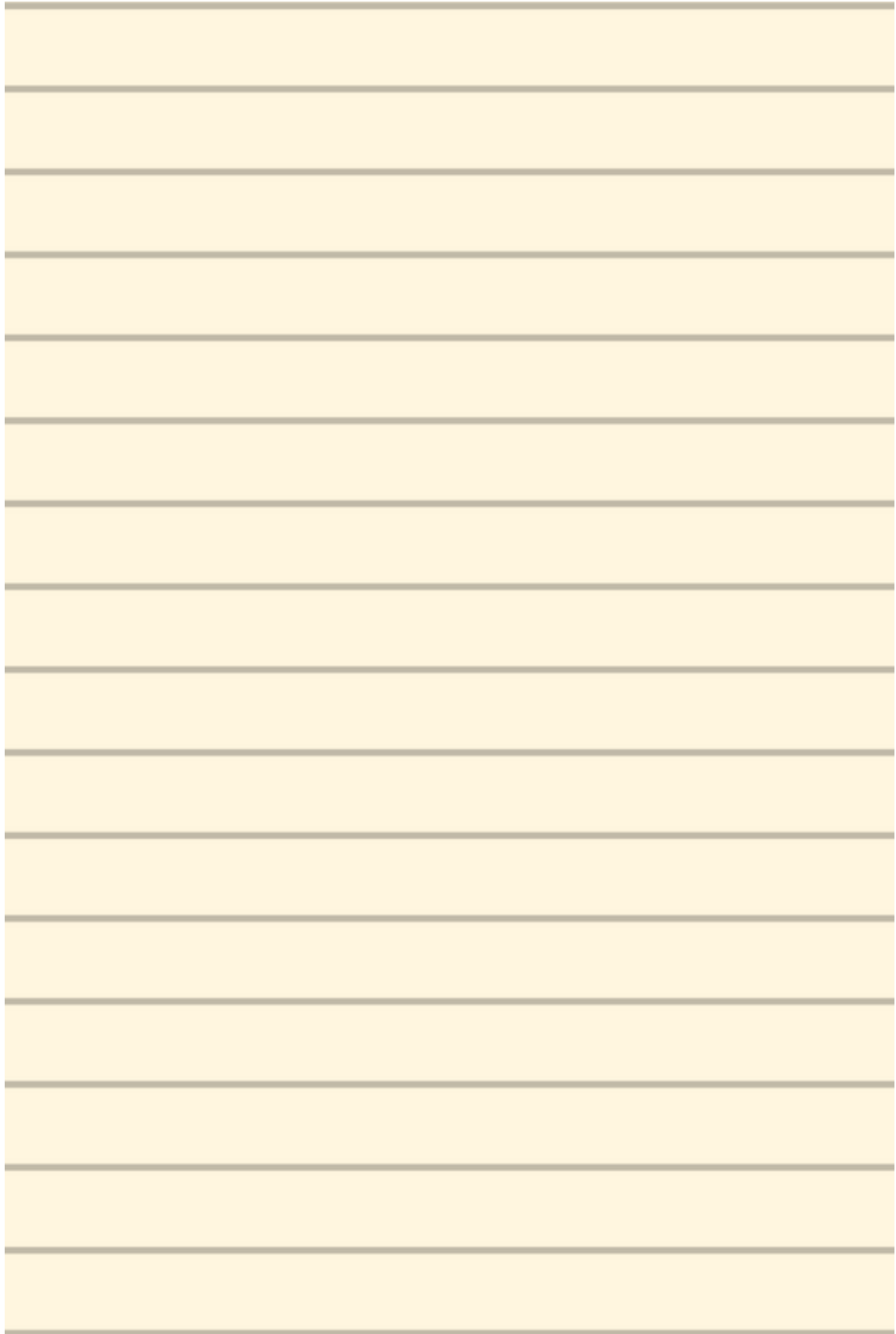
THINK

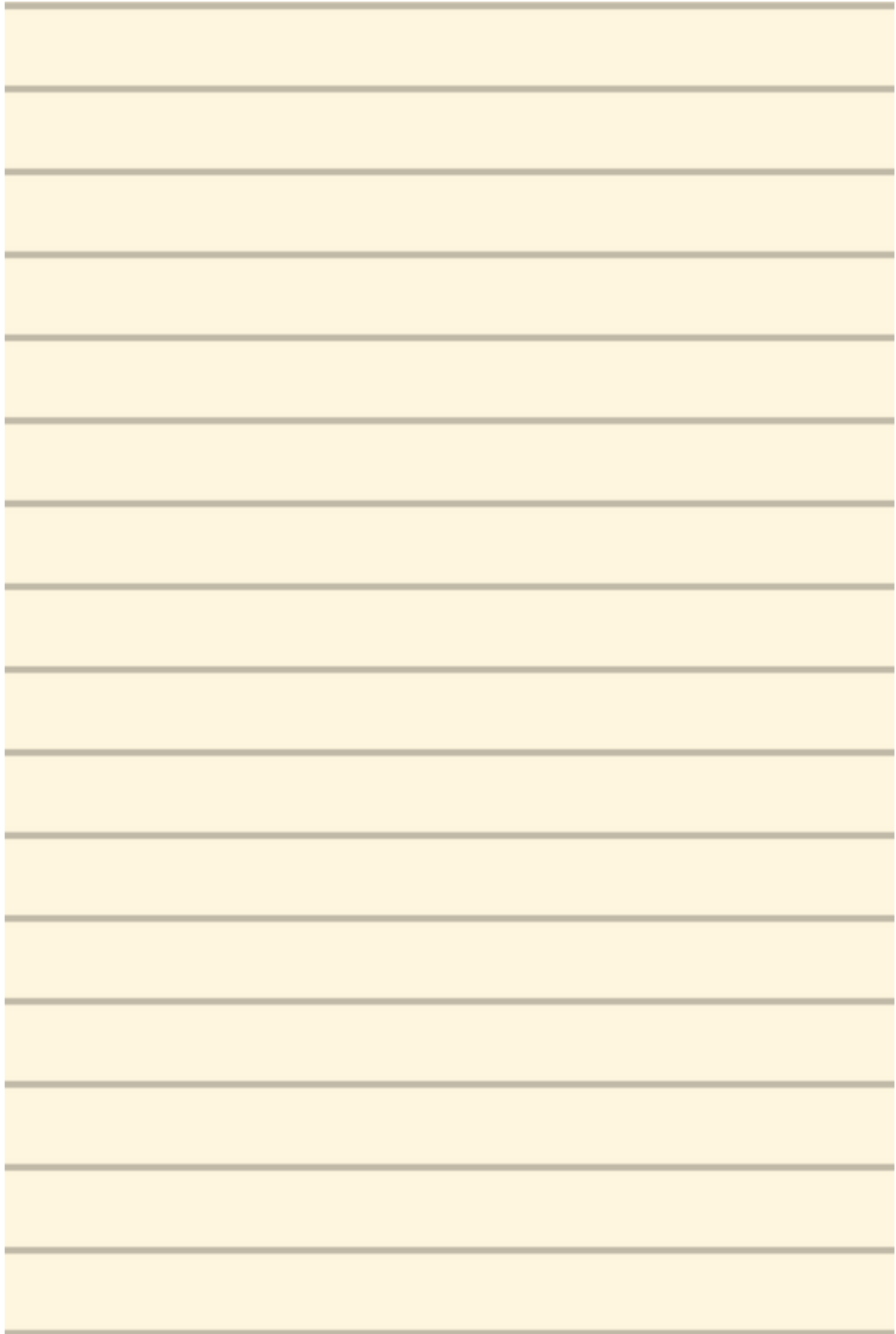
Believe

DREAM

and DARE







Month 3
- Week 1-

Write out your weekly
schedule for the month



Drink 32 oz of water today
= 4 cups of water



Reach out to a friend to check up
on them and encourage them but
to also just talk



**Stream of conscious journal -
write out everything you're
thinking right now**



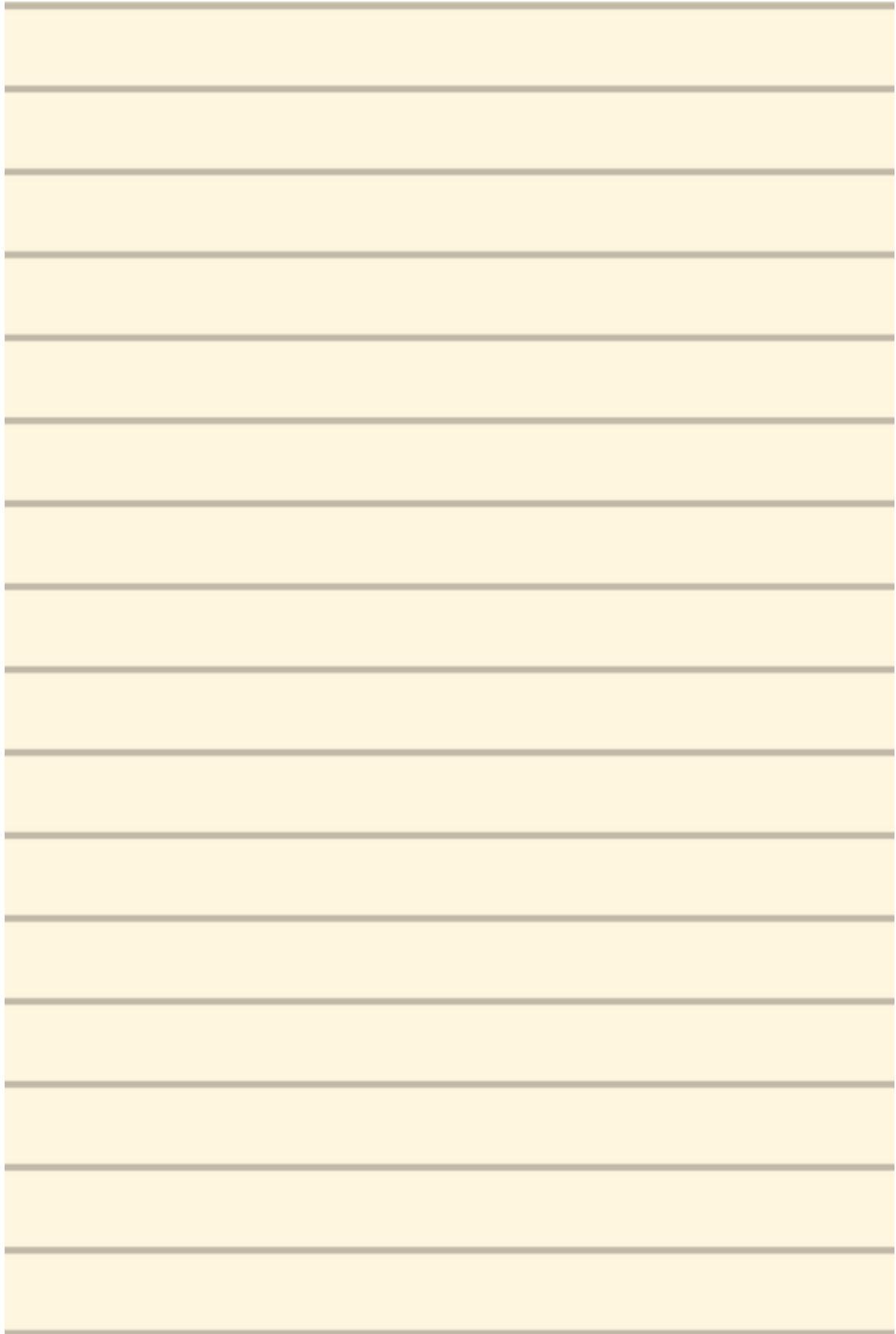
Make a healthy breakfast this morning, it's worth the time



Finish the sentence, "I need to...."



Whistles
are PROOF that you
are TIRING







- Week 2 -

Write out what you like about
yourself



Morning checklist

Woke up to first alarm

Woke up to second alarm

Woke up to third alarm

Still in bed

Can't check something off
because I slept all day

It's up to you! Try something you
enjoyed doing from this book
already



Finish the sentence, "I believe..."



Write an encouraging note
to yourself today



Cook yourself and a friend dinner
tonight



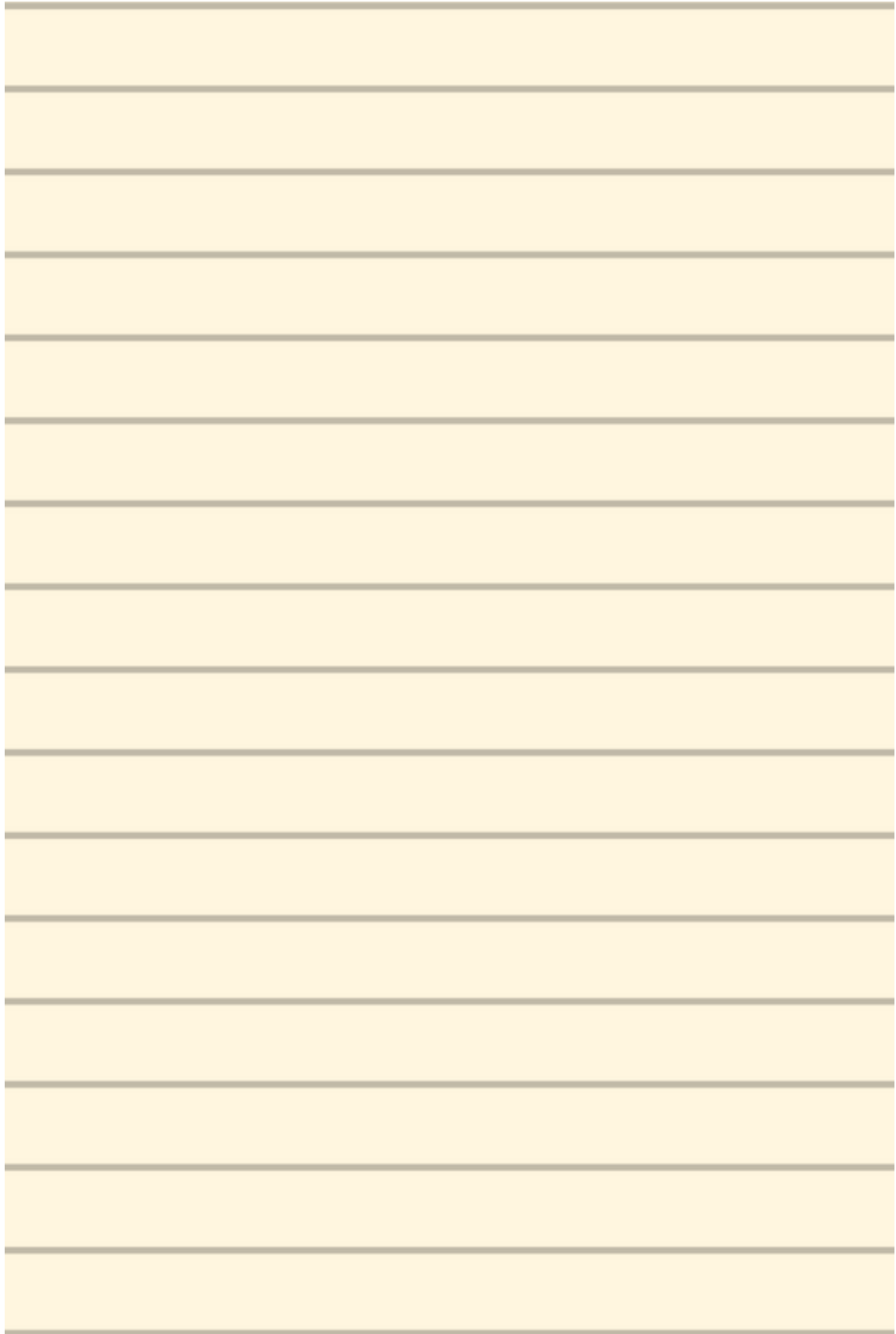
Have you cleaned your house
lately?



Today you ARE
You! That is TRUER
Than TRUE. There
is no one Alive
Who is Youer
Than You.







- Week 3 -

Write an ending to your story - it
can be hopeful, wishful, or a
realistic ending to the season you
are in currently



Put some music on that you can
relax to and spend time in
thought



Write out your fears by placing
them under 1 of 2 categories

Rational

Irrational



Get some friends together and go
play frisbee, or football, or soccer,
or basketball, or something
outside!!



It's up to you! Try something
you have enjoyed doing from
this book already



Write a list of 5 activities do daily

1.

2.

3.

4.

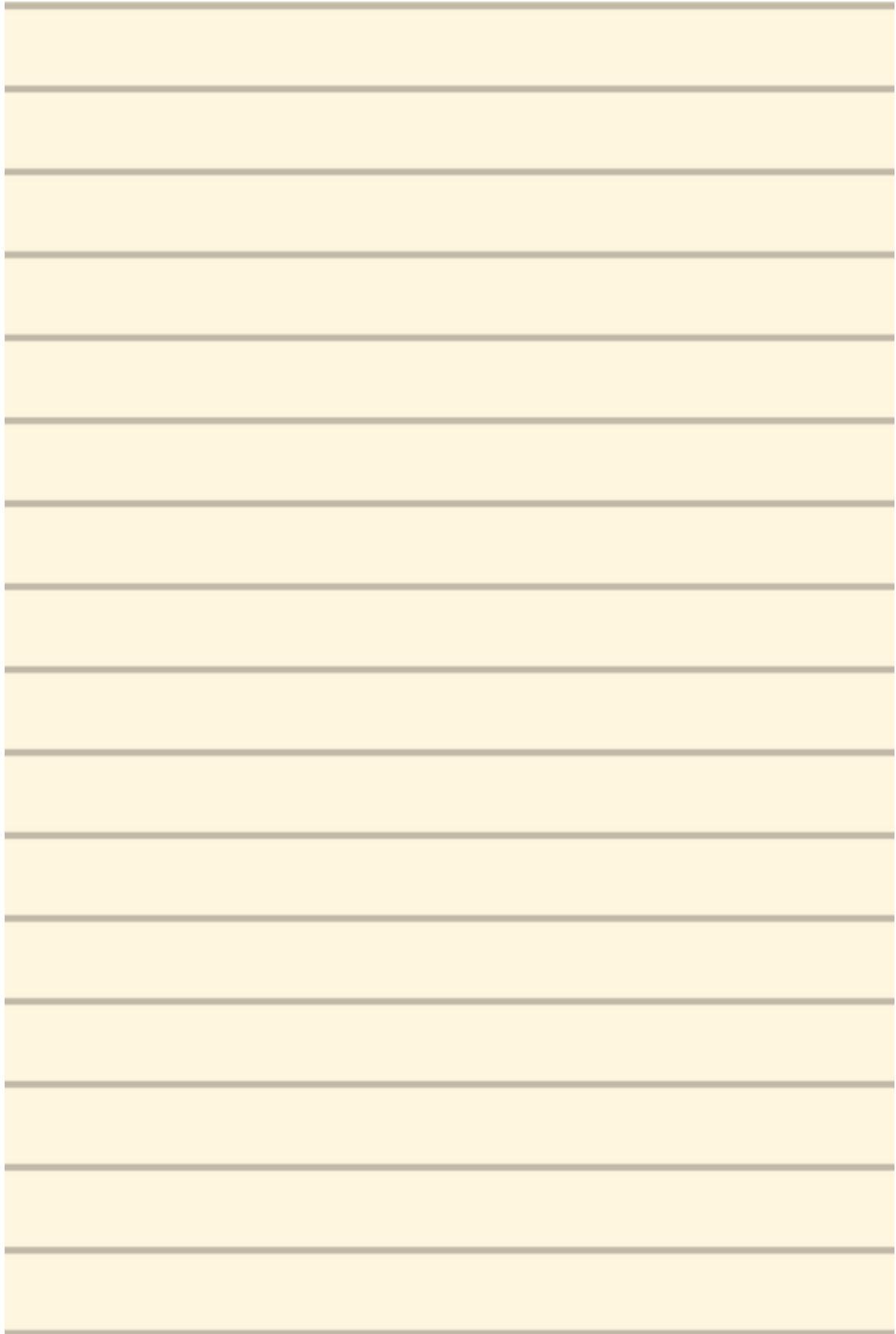
5.

Do these activities allow you choice,
independence, self-worth, self-
esteem, social inclusion, and sense of
purpose?

Spend some time in prayer,
meditation, or journal a
conversation between yourself
and your thoughts



At any moment
you have the
POWER to say
This is not
how the story
is going to END







- Week 4 -

**Write your CURRENT
sentence.**

Your sentence is a statement that you want to be known as or how you are remembered. So your current sentence is one that speaks into who you are now.



Go for a walk around where you live and pay attention to who lives around you. Stop and talk with anyone you may run into



Write down *ALL* your dreams



Have you called your mom or dad
or siblings lately?

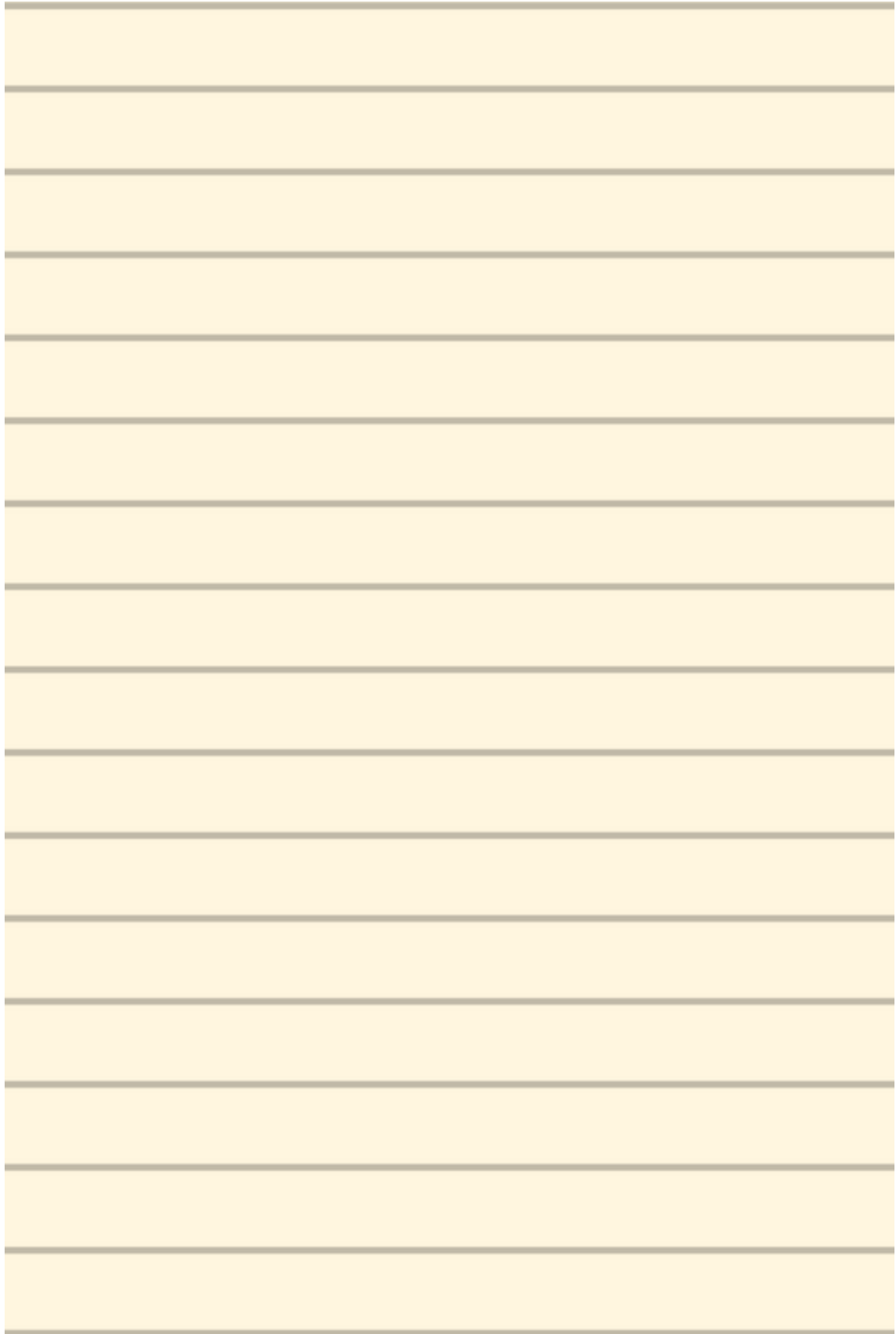


It's up to you! Try something you
enjoyed doing from this book
already



Plan for the future, it
will be here before
you know it.

You Have Brains
in Your Head. You
Have Feet In
Your Shoes. You
Can Steer Yourself
any Direction
You Choose.







Resources

If you are having a hard time post college graduation you are not alone. It's a common silent struggle between so many young adults. Please know you are not alone in it and it is OK to get help if you need it.

- Anxiety and Depression Association of America - <https://adaa.org>
- National Alliance on Mental Illness - <https://www.nami.org>
- National Institute of Mental Health - <https://www.nimh.nih.gov>
- National Suicide Prevention Lifeline - 1-800-273-8255

