

# Tell us your story

## In the beginning:

- How did you feel?
- How did you pick your topic?
- What did you hope to get from the project?

## Along the way:

- What challenges did you face?
- Who helped you?
- What did you do?
- What was most memorable?

## In the end:

- What did you learn about mental health and wellbeing?
- Did the programme help you get your 5-a-day?
- Did you feel you made a difference?

## The moral is:

Sum up your  
Innovate for  
Wellbeing Journey