

Life Style Grids

← Before

Life style grids are a useful way of **planning goals**. They can help you reflect on how life has changed, and, build links between your past and present.

	AM	PM
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

	AM	PM
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Write or draw what you usually did each day before and after you had Aphasia. Are there things in the before box you would like to do now?

→ After