

Under FROM - list all the things in your life that you want to move away from. Just dot points. What don't you want any more? e.g. I don't want to be anxious all the time.

1. FROM - What am I moving away from:-

2. TO - What am I moving towards, list, dream a little... How do you want your life to be? Who do you want to be in that? **How do you want to feel?**.... And then let's get together and create that.

Particularly take time over the 'TO' list. We all know what we don't want, but dream a little - what DO you choose to experience in your life? (Because you can choose.)

What would I like in my life and in my future:-

Role Models

A role model is a person who serves as a model in a particular behavioural or social role for another person to emulate.

You may not be happy with who you are. So think about someone you admire, respect and appreciate. Think about what they do or how they behave. Would you like to see these characteristics in yourself? List these characteristics.

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