



## A Date With Myself

### Objective

A meeting with yourself.

### Pause

Before we begin the process, we invite you to start with a pause and ask yourself:

How are you? How are you feeling? What kinds of thoughts are coming and going?

When was the last time you took the opportunity to pause?

Now, after taking a short break, we invite you to an important meeting, a date with yourself.

### Expand & Connect

Now we are ready. So let's go... You can choose 3 cards, at random or openly, and set them out on the chart in order. Or you can choose your own photos from your personal albums/ to take new especially for this process. And ask yourself: How can the cards help me answer the questions?

### Focus & Action

Write down the main insights you have reached. Write down 3 actions that will express these insights in practice and advance you to a better year: for the coming day, one for the next 24 hours, one for next week and one for the coming month.

### [ 1 ] What works in my life right now?

My card:

---

---

---

### [ 2 ] What isn't working in my life right now?

My card:

---

---

---

### [ 3 ] If everything is possible, what should I wish for my life right now?

My card:

---

---

---