P⊙INTS ⊕F Y⊕U°

Creative Tools & Training for Development

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 chose 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

[1] What works in my life right now?

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.

My card:			

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My card:	

[3] If everything is possible, what should I wish for my life right no	w?
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My card:

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