

note to self



I have choices

power



What's within my control?



What are my choices?



How do my choices affect my reality?



note to self



I accept what is



What's really happening?



What's working and
what's not?



What's next?



note to self



I am true to myself



What does it mean to be authentic?



Who is the person I really want to be?



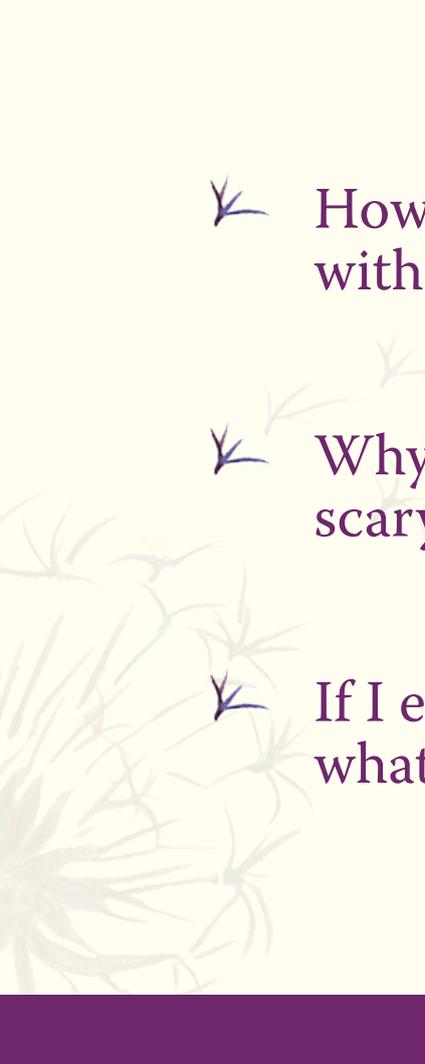
What happens when my values and actions line up?



note to self



Change is an
opportunity



✎ How comfortable am I
with change?

✎ Why is change sometimes
scary?

✎ If I embrace change now,
what might be different?



note to self



Today is a new day



✓ What do I see from where I sit?

✓ What could I do differently today?

✓ Where will I start?



note to self



‘Failure’ is a
perception



✓ What have I labelled
a 'failure'?

✓ How might I see
it differently?

✓ What can come from
failure?



note to self



Stuff happens



✓ What other ways can I look at things?

✓ When I look at things differently, what changes?

✓ Which perspective will I choose?



note to self



I appreciate
what I have



✓ What can I be thankful for now?

✓ How can negatives be experienced as positives?

✓ What can I learn from difficulty?



note to self



I define my
own success

potential



What is my picture of success?

When have I felt successful?

In what ways have I succeeded today?



note to Self



I strive for
what I want

potential



What do I really want?

Is what I'm doing getting me to where I want to be?

What's one step I will take today?



note to self



Fear is natural

potential



➤ What am I afraid of?

➤ Do I let my fears get in the way?

➤ When have I shown courage and moved through fear?



note to self



I follow my
enthusiasm

potential



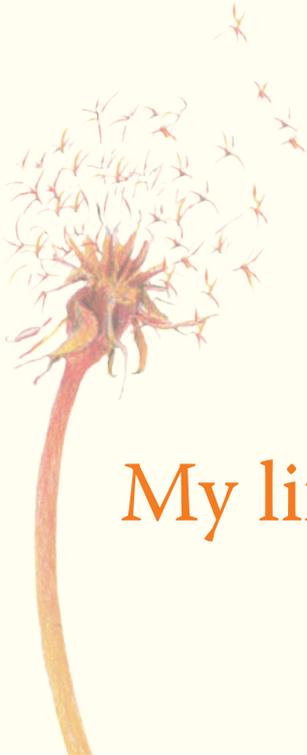
What am I passionate about?

How might I act on it?

How will I keep my momentum?



note to self



My life has meaning



What gives my life purpose?

What's important to me?

When do I feel most connected and fulfilled?



note to self



My happiness
is up to me



For me, happiness is...



What is already bringing
me happiness?



Can I choose to be happy?



note to self



Opportunities
surround me

purpose



✎ What opportunities exist right now?

✎ How will I choose?

✎ How will this choice add quality to my life?



note to self



I have strengths



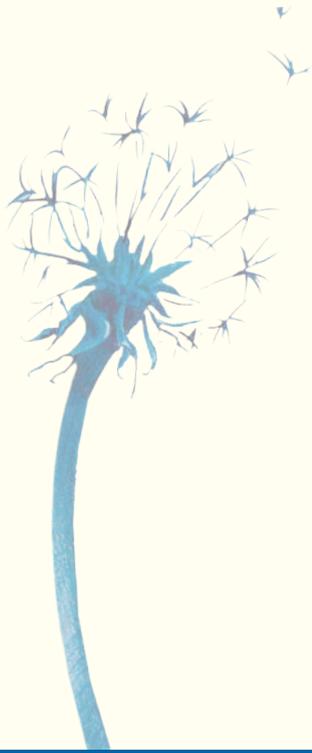
✦ My strengths are...

✦ What new strengths could be useful?

✦ How can I use my strengths to create change?



note to self



Feelings
are feedback

preservation



Do I listen to my feelings?



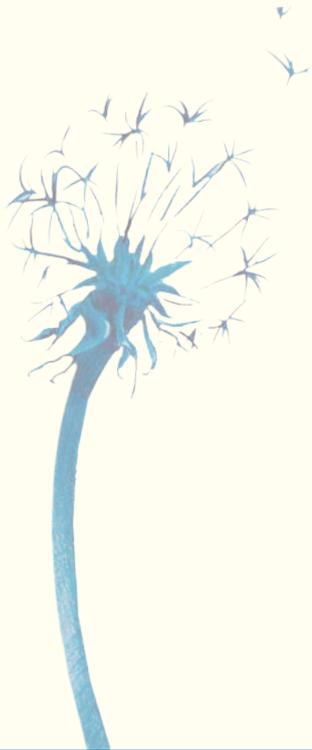
What are they telling me?



How might I choose to respond?



note to self



I am a work
in progress

preservation



What does it mean to be
a 'work in progress'?

In what ways am I
learning and growing?

What parts of me do I
want to preserve?



note to self



My expectations
are realistic



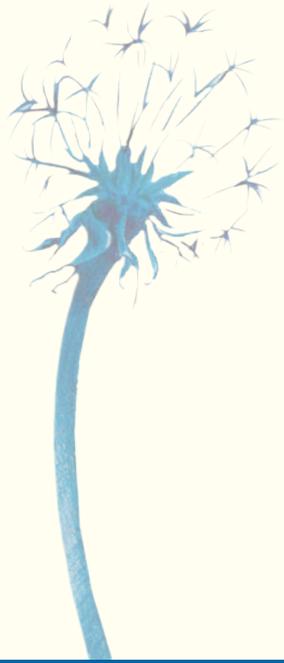
Do I expect perfection?

Are there times when I expect too much of myself and others?

How can I maintain balance?



note to self



I'm in control
of my wellbeing

preservation



For me, wellbeing is...



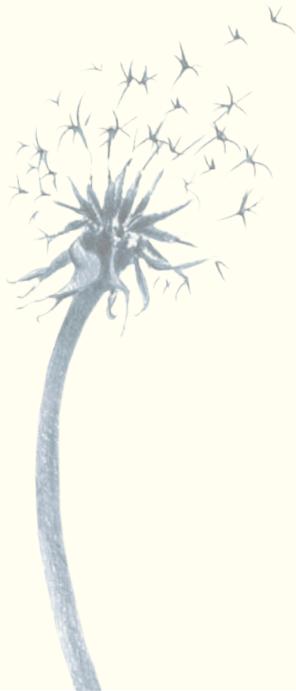
What are the signs that
I am travelling well?



How else could I support
my wellbeing?



note to self



I give myself
time to reflect



✦ What can I gain from reflection?

✦ I like to reflect on...

✦ How can I build reflective moments into my day?



note to self



I learn from
my experiences



✦ Who or what have been
my greatest teachers?

✦ How can I keep that
learning alive?

✦ What am I learning now?



note to self



I step out of my
comfort zone

practice



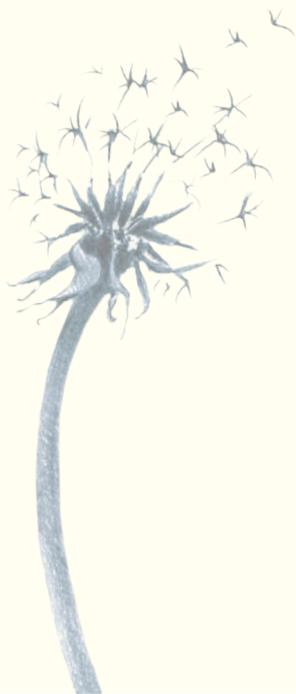
✦ If I was to 'step out', what might be different?

✦ How might I benefit from taking a risk?

✦ What's stopping me?



note to self



I embrace life

practice



✦ What does it mean to live
in the present?

✦ How might I embrace
life when things seem
bad?

✦ What can I celebrate
today?

