

**LET'S GET  
STARTED  
LIVING YOUR  
BEST & MOST  
CREATIVE LIFE.**

**ACTIONS:**



## **FIND US HERE**

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# **TIME FOR A RETHINK?**

**WHAT DO YOU WANT  
FOR 2021?**



# WHY NOW?

You can change the way you do things anytime, except it doesn't always feel like that, does it?

We can feel stuck.

The problems we face look huge, and we can think nothing we can do will make a difference.

But somehow September can seem a little more optimistic and we want to help you see just what a difference you can make, see the strengths and assets you have and spot all the people and resources you have to lend a hand. Let's get started:

# Let's do this one step at a time - and let's stay POSITIVE?

Think about these parts of your life. Are they all good or could they do with a little attention?



SELF...

HOME...

LEARNING...

RELATIONSHIPS...

FRIENDSHIPS...

SOCIAL...

CREATIVE...

WORK....

# TOP OF THE LIST

WRITE DOWN THE THINGS YOU'D LIKE TO LOOK AT:

- \*
- \*
- \*
- \*

WHO CAN HELP YOU WITH THIS?

- \*
- \*
- \*
- \*
- \*

WHAT ARE YOU WORRIED ABOUT?

- \*
- \*
- \*
- \*

