

## MY IDEAL WORLD

Have you ever thought of what you Ideal World would like? A world where you choose your direction and destination and feel happy, healthy and in control? How would that make you feel? Use this exercise to free you imagination and don't think of the negatives. You might surprise yourself!

Describe what a day would be like in this scenario, i.e. your Ideal Day, from when you wake till when you fall asleep.

Think about what would you do, when would you do it, how often, with whom, how do you get there, where do you do it? How does this feel? What words would you use to describe this feeling?

Most importantly,	what has happen	ed to the barrie	rs and areas of o	concern or challe	nges you were facing
What was the mos	st significant diffe	erence between	your ideal day	and your usual d	ay? What stood out