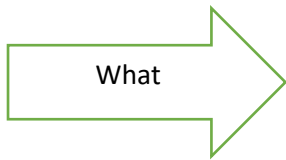
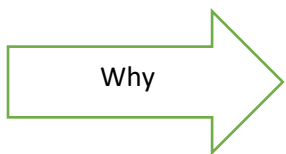


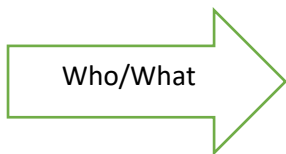
This is a worksheet aiming at helping you take your first steps towards (even more) meaningful activities than today.



- 1) What would you love to be doing (more) of?
- 2) And What gets in the way? (Lack of self-confidence, motivation, initiative? There are plenty of good reasons why you haven't done what you want already.) Now, I am asking you to look at what you **want** rather than what you think you can't do.
- 3) It may be a professional goal but it might as well be community work, acquiring a skill ... Anything, really, that feels meaningful.
- 4) How do you imagine this will impact your life? Or possibly someone else's life? (Feeling happier? Being a better version of yourself? Using your competencies to do something meaningful? Or something else?)

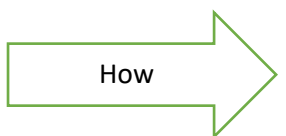


Try and take the question one step further. In the name of what would you want to make this change? What would it give you? How would it make you feel? Would it help you be a better version of yourself?

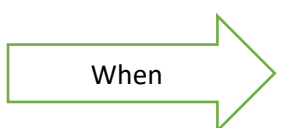


It is difficult to start a process of change, so who and/or what might help you in this process? Who knows something useful to your process? Who can be your witness and who can hold you accountable for your steps in a supporting, non-judgmental way?

Would it be useful to make time every week to sit in a café without distractions, writing a journal...



How can you take your first step? Finding information? A group of peers? Reaching out to someone?



When will you take your first step? (Please try and make the first one within a week from now)

YOU CAN DO IT!