

LESSON 4

HOW WILL YOU KNOW?

GRAB A NOTEBOOK

It's all very well knowing how we feel now, but what is our destination? What does better look like feel like

Write it down:

What will you be doing? how will your life change when you are free from pain?



VISUALISE TO REALISE:

every day spend 2 minutes writing down where you want to be... as
if you already have it...

NOTES AND DOODLES PAGE

