



SESSION ONE:

MY JOURNEY

This session will introduce you to MyLifeTool and help you to think about what you want to get out of the programme by making your own vision board. We will come back to this vision board in session seven.

Activity: My vision board

You can start to make your own vision board that represents what you hope to get out of taking part in the programme. You might want to think about where you are in your self-management journey and what you want to get out of the programme. For example, the idea of self-management might be new to you and you are just starting out on your journey or you might have tried things in the past and want to explore new things.

Your vision board can include drawings, magazine cuttings, inspirational quotes, poems, song lyrics...anything.

MY VISION BOARD

A large, empty template for a vision board. It consists of several rectangular boxes of various sizes and shapes, connected by lines. On the left side, there is a vertical column of four circles. The top-left box is a large rectangle. To its right is a smaller vertical rectangle. Below the top-left box is a larger rectangle with four horizontal lines for writing. At the bottom left is a small rectangle with five dots in a vertical line. To its right is a large rectangle. At the bottom right is another rectangle. The entire template is enclosed in a thin grey border.