



#### SESSION FOUR:

## TAKING CHARGE

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It can feel like a bit of a puzzle working out how to achieve your aims and make plans for the future when you are living with a long-term condition. This session helps you to think about what your strengths are and how you can use them to work towards your aims and overcome challenges.

### **Activity: My aims**

This activity helps you to think about different things that can help you work towards your aims. Create your own jigsaw puzzle that represents something you are aiming for, like finding time to do something for yourself, or learning a new skill. In each piece of the puzzle use words or images to represent things that can help you achieve your aims, like your strengths, information or support you need and actions you can take. Think about how these actions can be broken down into manageable steps and how long it could take you to work towards these aims.

# MY AIMS

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