

**SESSION SIX:****WHAT IS IMPORTANT TO ME**

What activities give you meaning and purpose in life? Everyone finds purpose in life in different ways. For you it might be about spending time with your family, creating things or having an activity to do each day. You might like to set yourself challenges to work towards or you might want to find more time for yourself. This session can help you to think about the activities that are important to you and how to find ways to find time for these activities and for yourself.

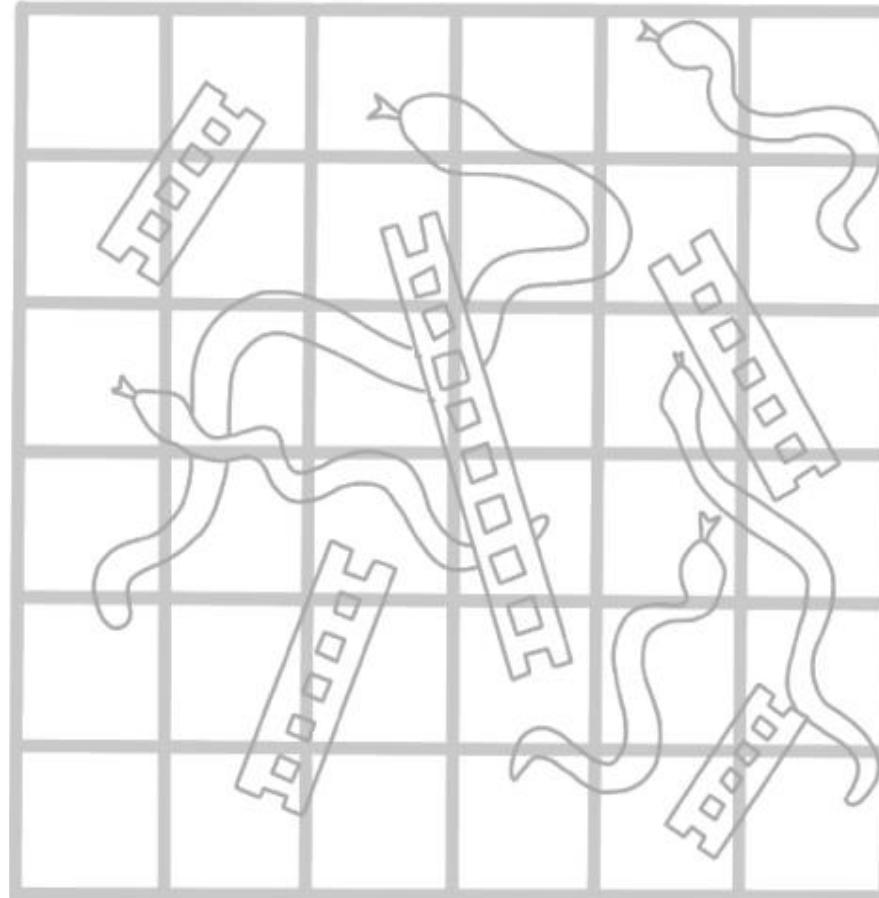
Activity: Finding time for me

During this session you can create your own game of snakes and ladders. Think about who/what the “snakes” would be that get in the way of you finding time for yourself and what/who would be the “ladders” that help you to find time for yourself. Think about what you could do to get rid of some of the ‘snakes’ and how you could make the most of the ‘ladders’.

FINDING TIME FOR ME



My Snakes



My Ladders

