

**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.

Activity: Thank you card

Try writing a thank you card for the different activities that are important to you and that give you a sense of purpose in life. You can include images in the card or you might like to write your own verse or poem or just keep it simple with a single sentence. You can decorate the card in any way you like.

THANK YOU CARD



Thank
you

