

**Dear** *(insert your name),*

**It's** *(insert date),* **you're** *(insert where you are while you write and what's generally going on in your life right now)*

**You've decided to try this new approach because ...**

- You're fed up of constantly ...
- Every Monday or New Year or summer you decide to change and you're tired of ...
- Once and for all you need to ...
- It's about time you started ...
- It's about time you stopped ...
- This is urgent and things have to change because you feel like ...
- Your opinion of yourself when it comes to being able to change is currently that you're ...
- There are some reasons that are making you want to change that you're not too proud of. It's time to be honest with yourself and admit that these include ...
- Your inability to change has brought you to a point where ...
- When you see other people managing to make changes that you can't, it makes you feel like ...
- If, over the next weeks, you're tempted to trivialise how important it is for you to change, you need to remember that ...
- Other people don't know the extent to which this has become a problem. You never thought you'd get to the stage where you're ...
- If you start finding it harder than you expected, remember it's important to push through because ...
- If you spend another year feeling like this about not making lasting changes, it will mean ...
- You need to take this seriously because ...
- Before it was okay to be like this because ... but now it's not okay because ...
- If you don't find your own way of taking control now you'll end up having to ...
- It's important to you to become more self-aware in general because ...
- You want to feel like you're ...
- You'd hoped by now that ...
- Your life is on hold and that's ...

## ‘Ways I’m Happy to Be’ Map Guidance Part 3

Finally ...

- Think about a person you admire and what you believe their strengths to be. Do you demonstrate any of those same qualities or abilities? If so, add them to your map
- Consider what loved ones and colleagues would consider to be your strengths and write those down too
- Refer to the list of qualities below

<b>Suggestions:</b>	Clever	Ethical	Insightful
Accomplished	Committed	Exciting	Intelligent
Accountable	Compassionate	Extraordinary	Intuitive
Active	Confident	Fair	Kind
Adaptable	Conscientious	Faithful	Knowledgeable
Admirable	Considerate	Fit	Laid-back
Adventurous	Courageous	Focused	Logical
Ambitious	Creative	Forgiving	Lovable
Amiable	Cultured	Friendly	Loving
Appreciative	Curious	Fun-loving	Loyal
Articulate	Daring	Funny	Mature
Astute	Decent	Generous	Methodical
Attentive	Decisive	Genuine	Meticulous
Attractive	Dedicated	Gracious	Moderate
Aware	Determined	Hardworking	Modest
Balanced	Dignified	Healthy	Nurturing
Beautiful	Disciplined	Helpful	Objective
Brave	Dynamic	Honest	Observant
Brilliant	Effective	Honourable	Open
Calm	Efficient	Humble	Optimistic
Capable	Elegant	Humorous	Organised
Captivating	Eloquent	Idealistic	Outspoken
Caring	Emotional	Imaginative	Passionate
Charismatic	Empathetic	Impressive	Patient
Charming	Energetic	Independent	Perceptive
Cheerful	Enthusiastic	Innovative	Personable

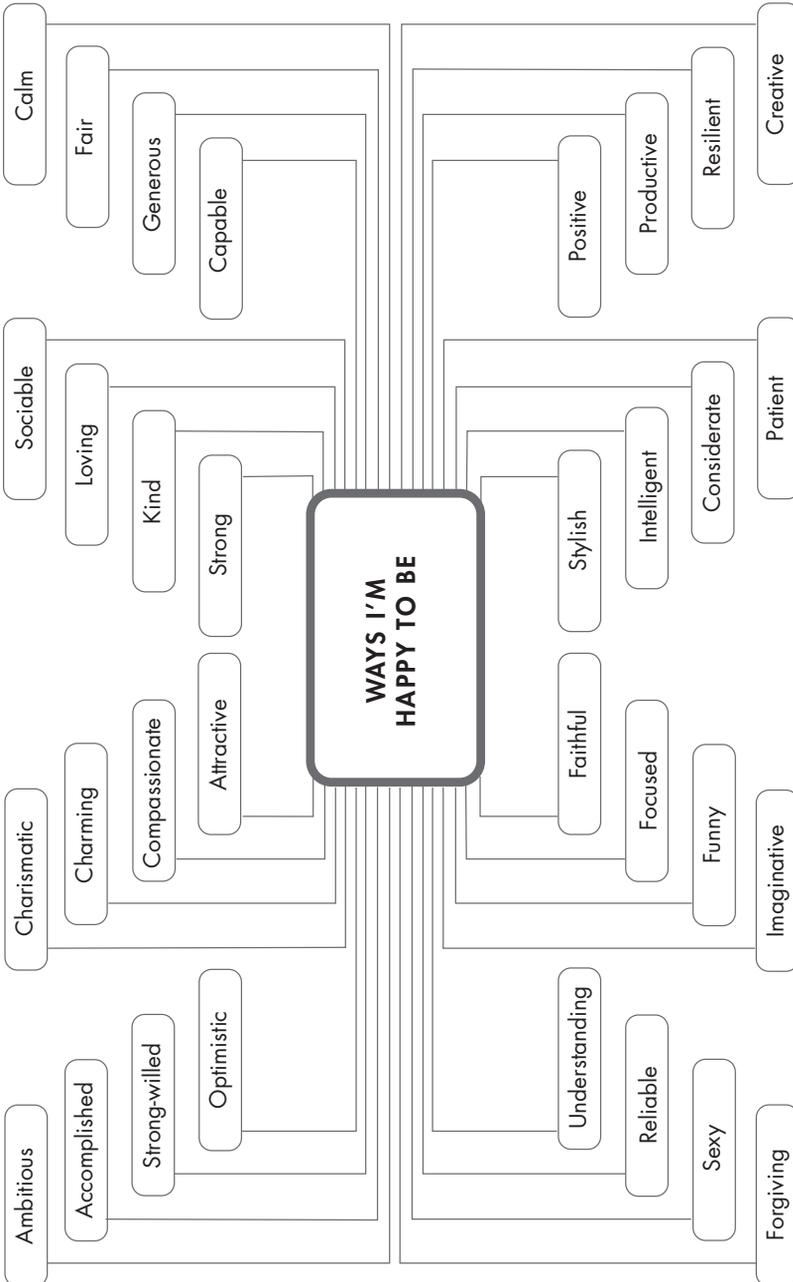
Persuasive	Realistic	Self-reliant	Successful
Playful	Reflective	Self-sufficient	Supportive
Popular	Relaxed	Sensual	Talented
Positive	Reliable	Settled	Tolerant
Powerful	Resilient	Sexy	Tough
Practical	Resourceful	Shrewd	Trusting
Precise	Respected	Skilful	Trustworthy
Principled	Responsible	Sociable	Understanding
Productive	Romantic	Sophisticated	Unique
Proud	Sceptical	Spontaneous	Vibrant
Punctual	Secure	Strong	Warm
Purposeful	Self-aware	Strong-willed	Wise
Rational	Selfless	Stylish	Witty

Congratulations! You've completed your first map of many.

## 'Ways I'm Happy to Be' Map: Example

This map is a sample for guidance purposes only.

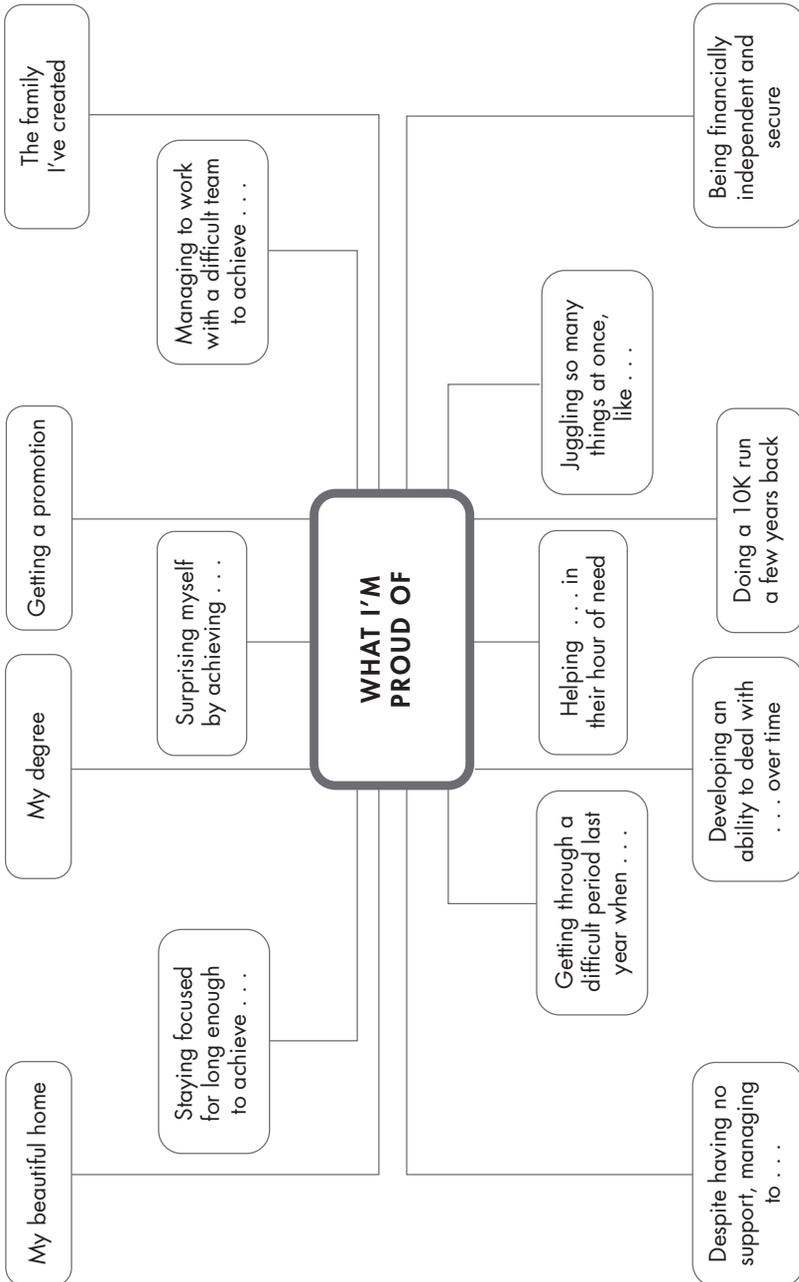
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## 'What I'm Proud of' Map: Example

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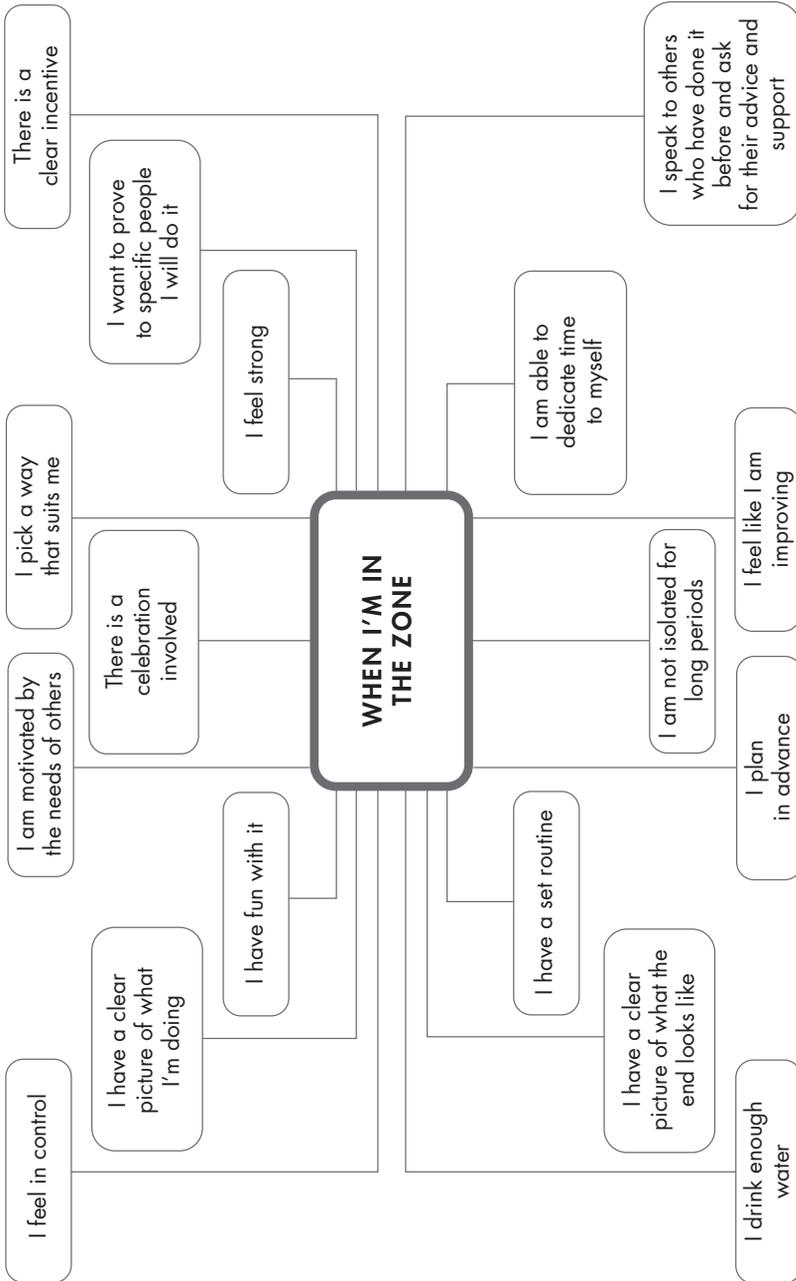
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## 'When I'm in the Zone' Map: Example

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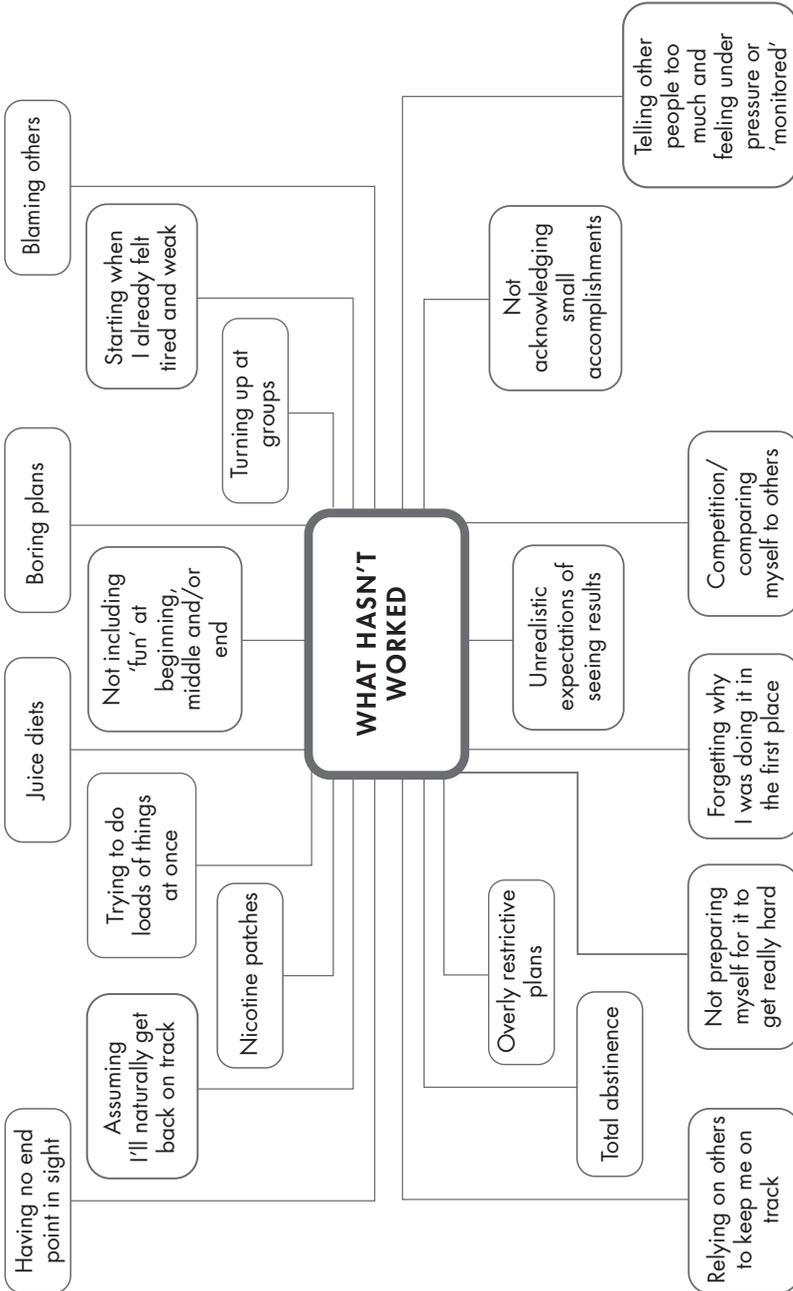
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# ‘What Hasn’t Worked’ Map: Example

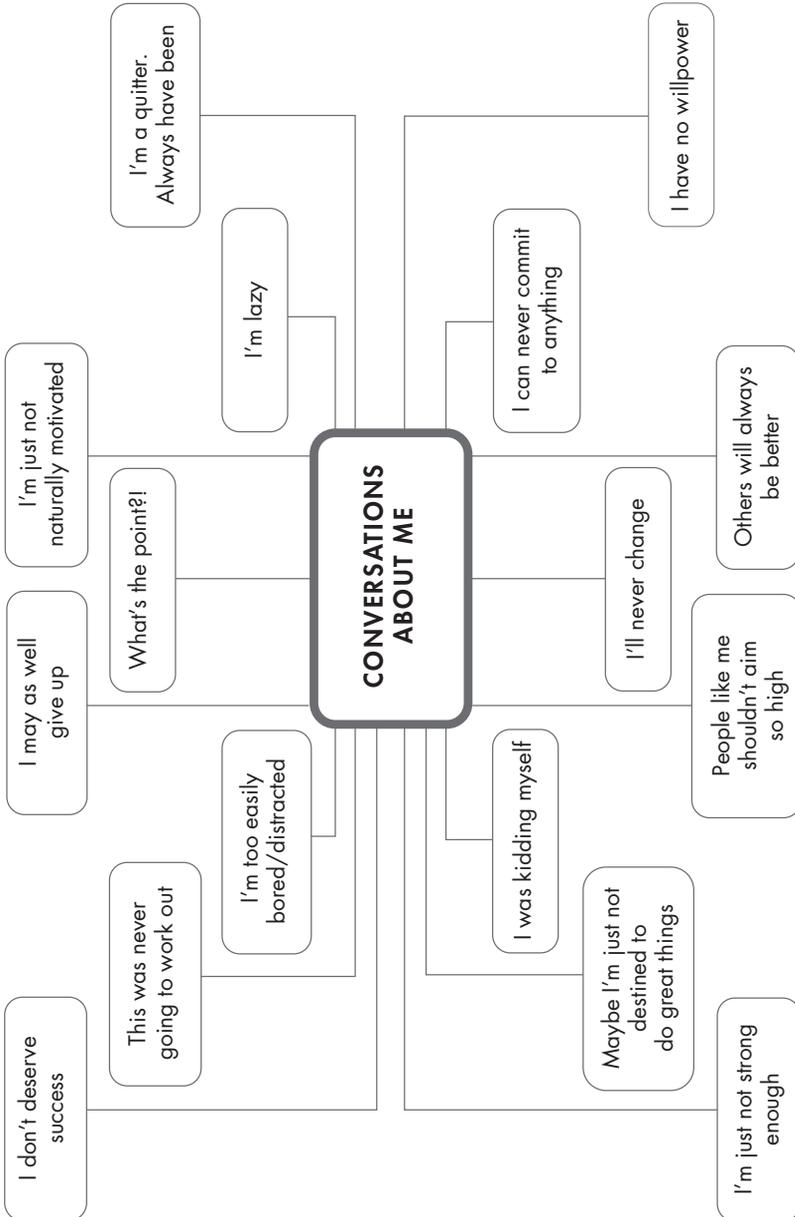
This map is a sample for guidance purposes only.

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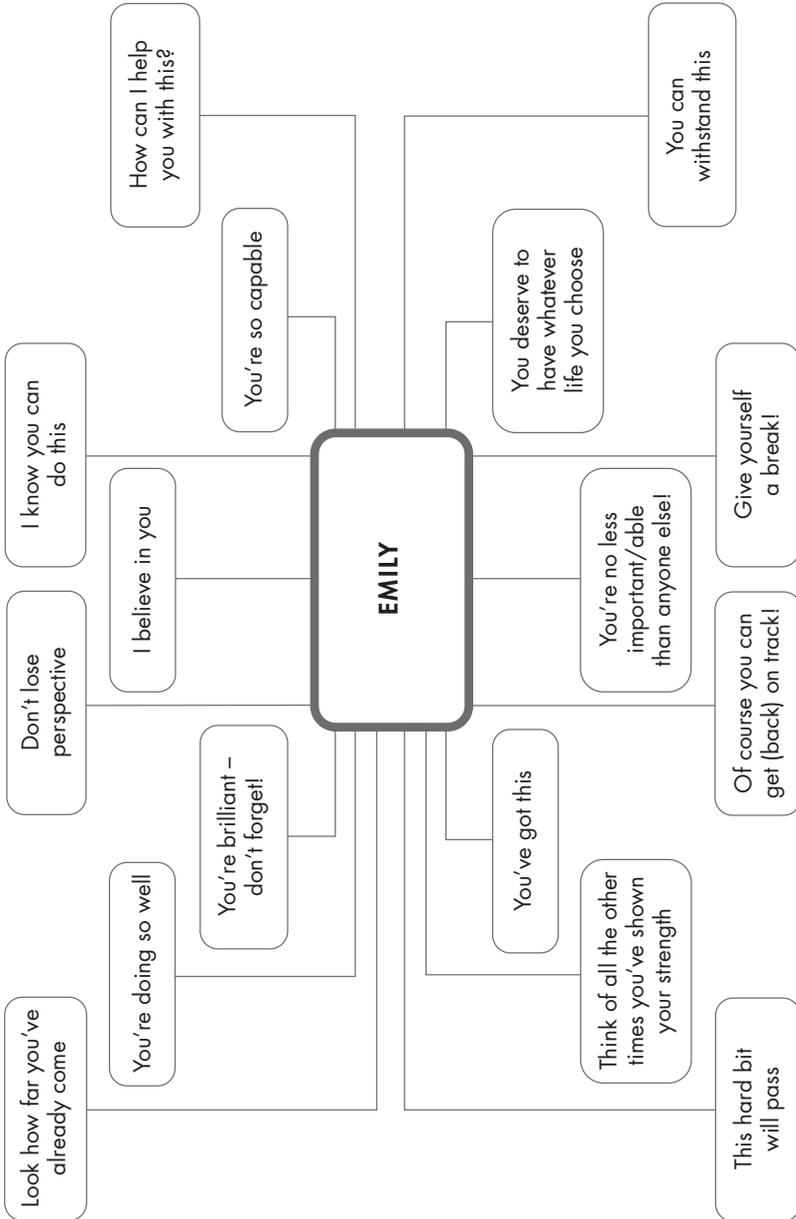


## 'Conversations About Me' Map: Example

Example of directly comparing 'Conversations About Me' and 'Someone I Love' maps for full impact.



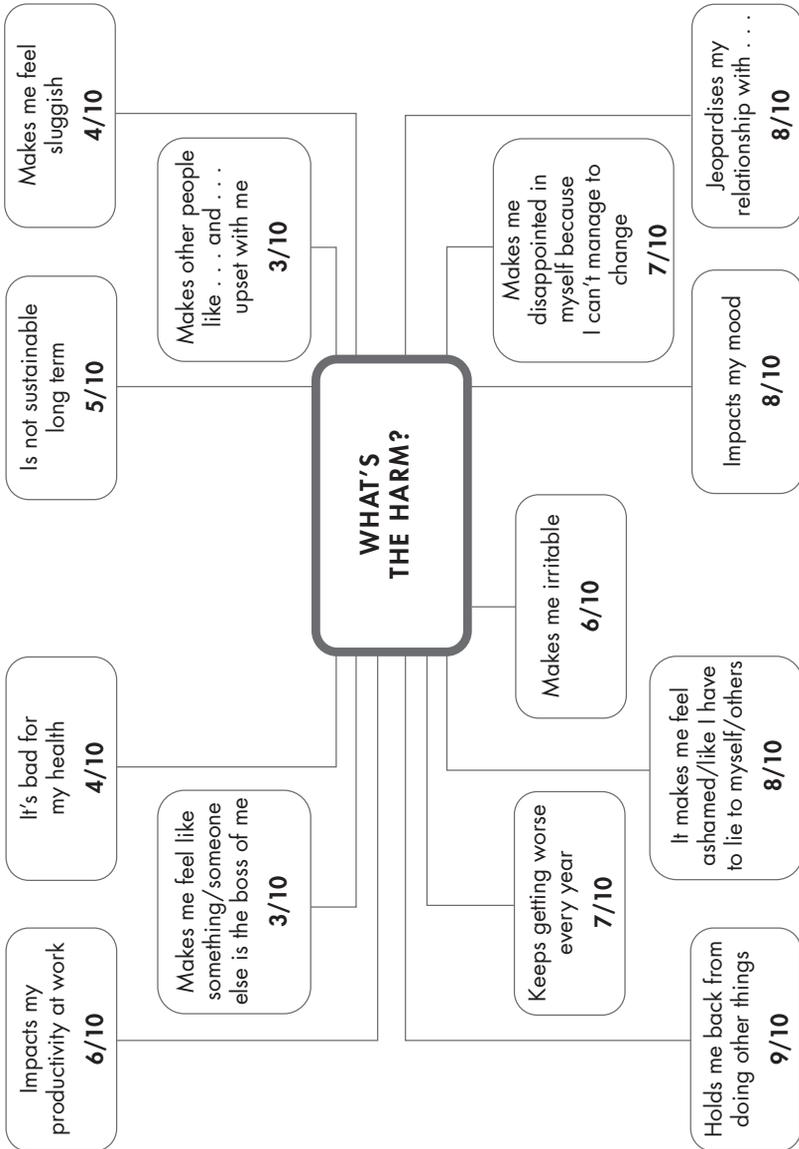
# 'Someone I Love' Map: Example



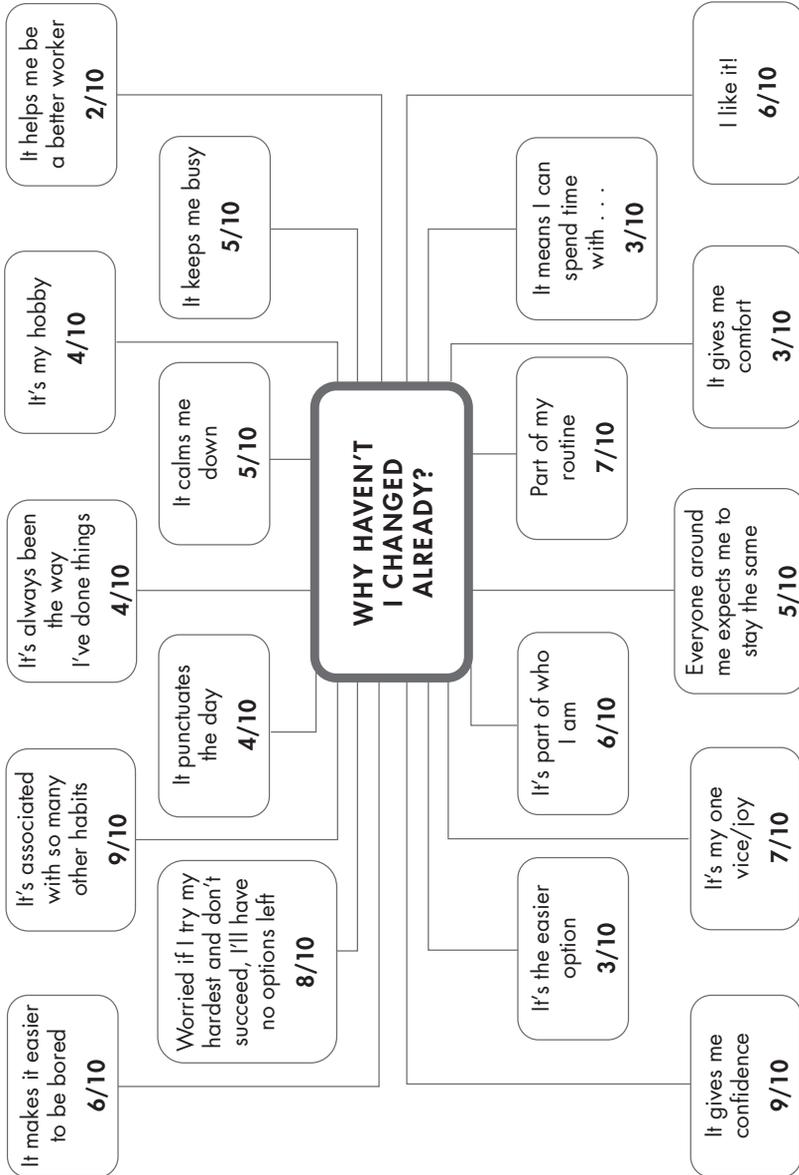
## ‘What’s the Harm?’ Map: Example

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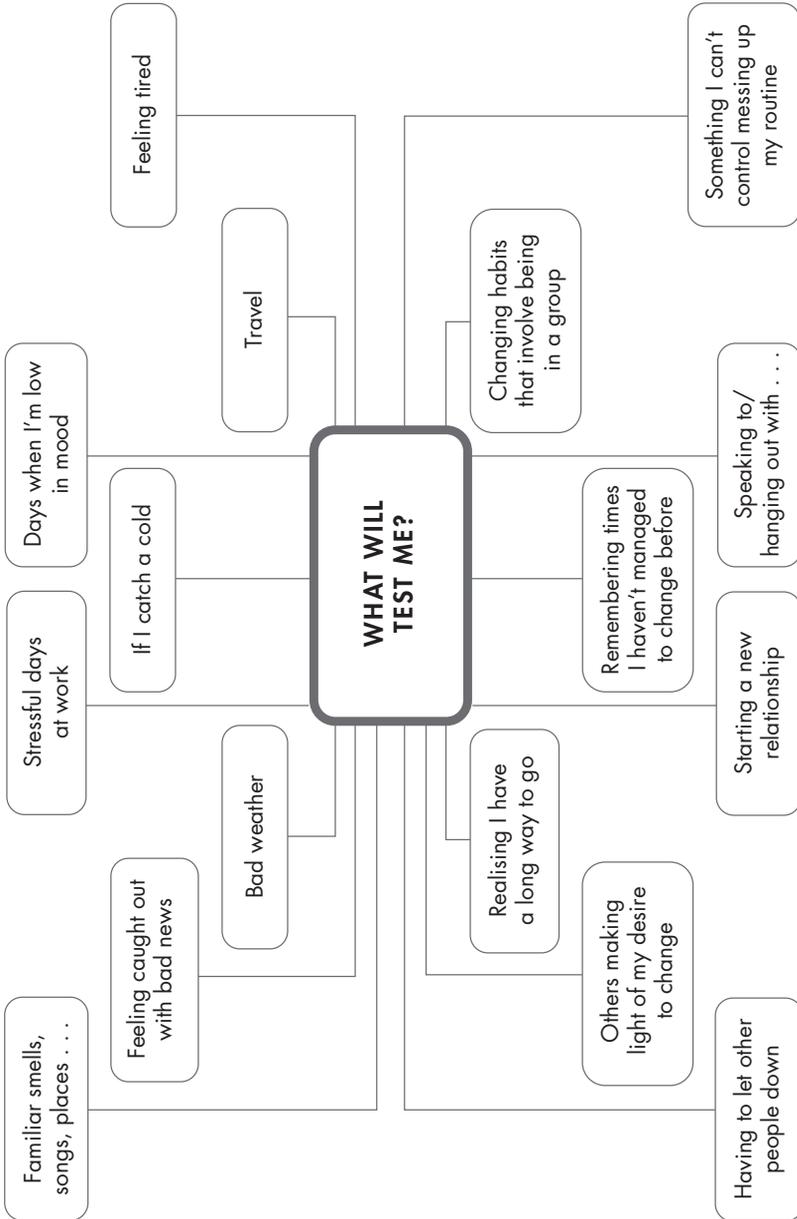
# 'Why Haven't I Changed Already?' Map: Example



## ‘What Will Test Me?’ Map: Example

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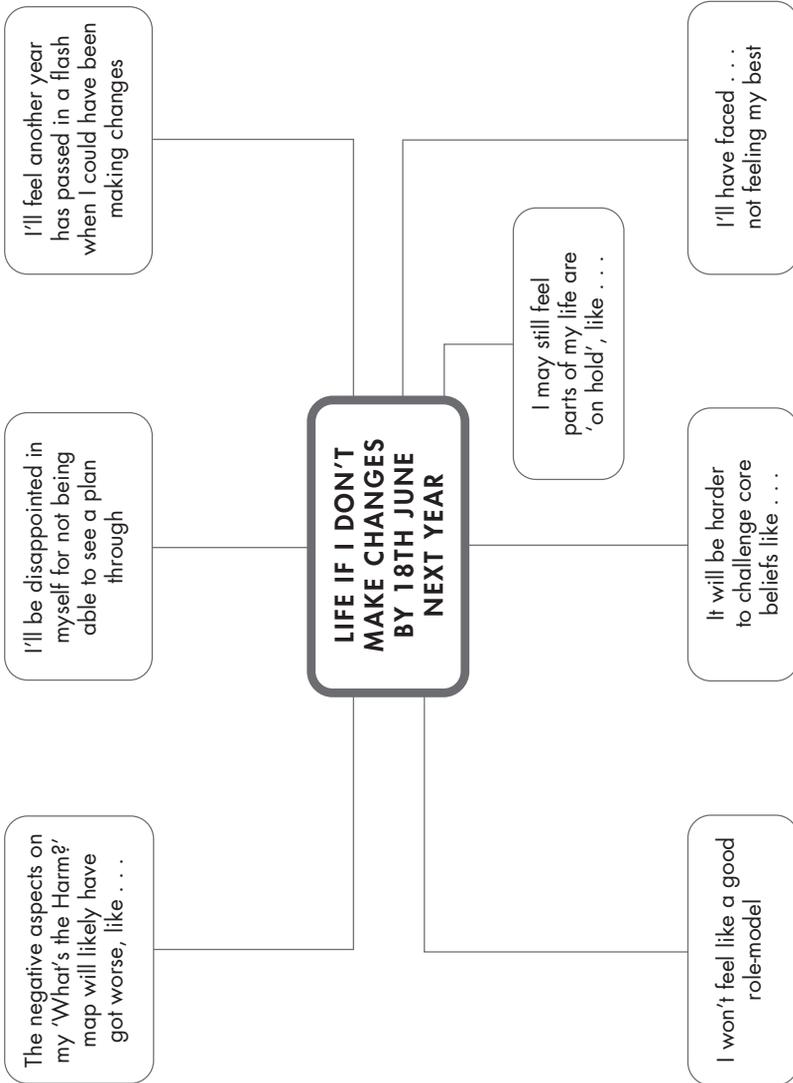
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## 'Life if I Don't Make Changes' Map: Example

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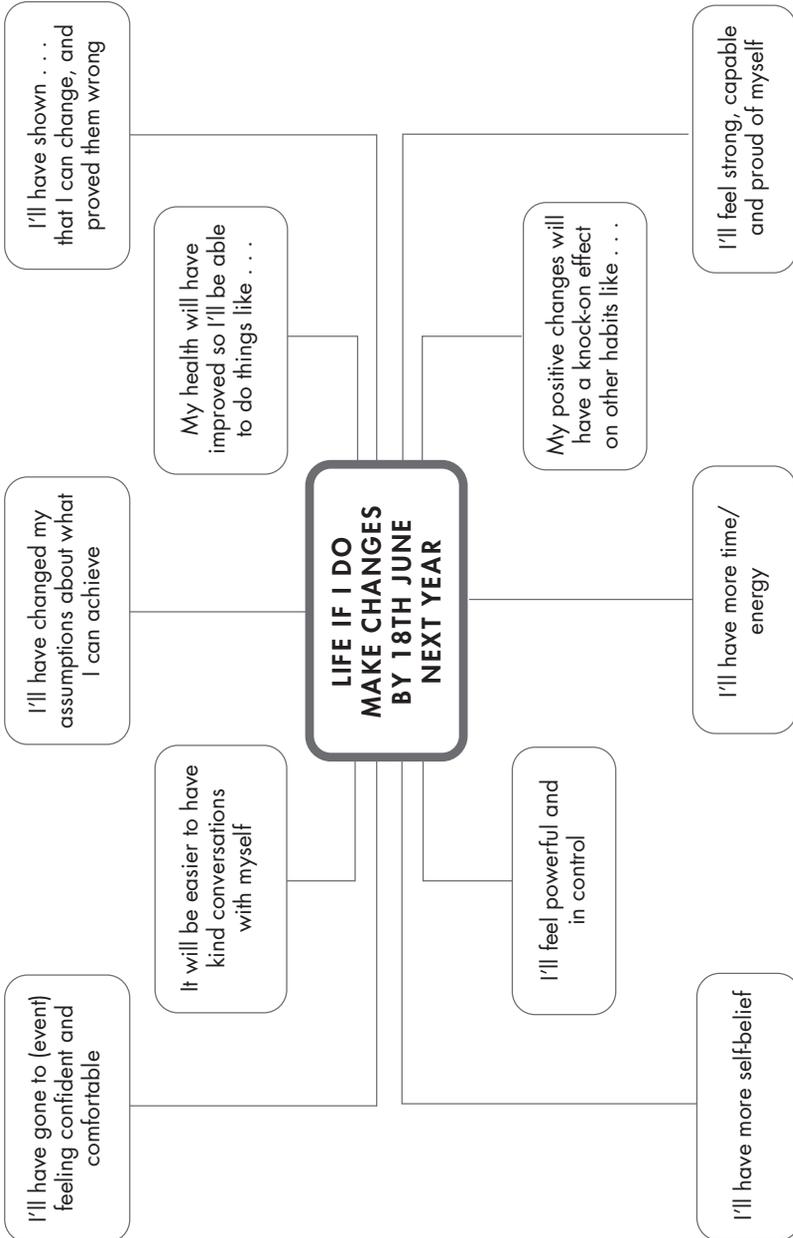
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## 'Life if I Do Make Changes' Map: Example

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HANNAH IS ...

Kind

Generous

Hardworking

Patient

Deserving of success

Fun

Accomplished

A good partner

Witty

Independent

Intelligent

Worthy of love

Unique

Friendly

Strong

WITH EVERY CHOICE YOU MAKE TODAY,  
BEHAVE LIKE THESE THINGS ARE TRUE

**BECAUSE THEY ARE**

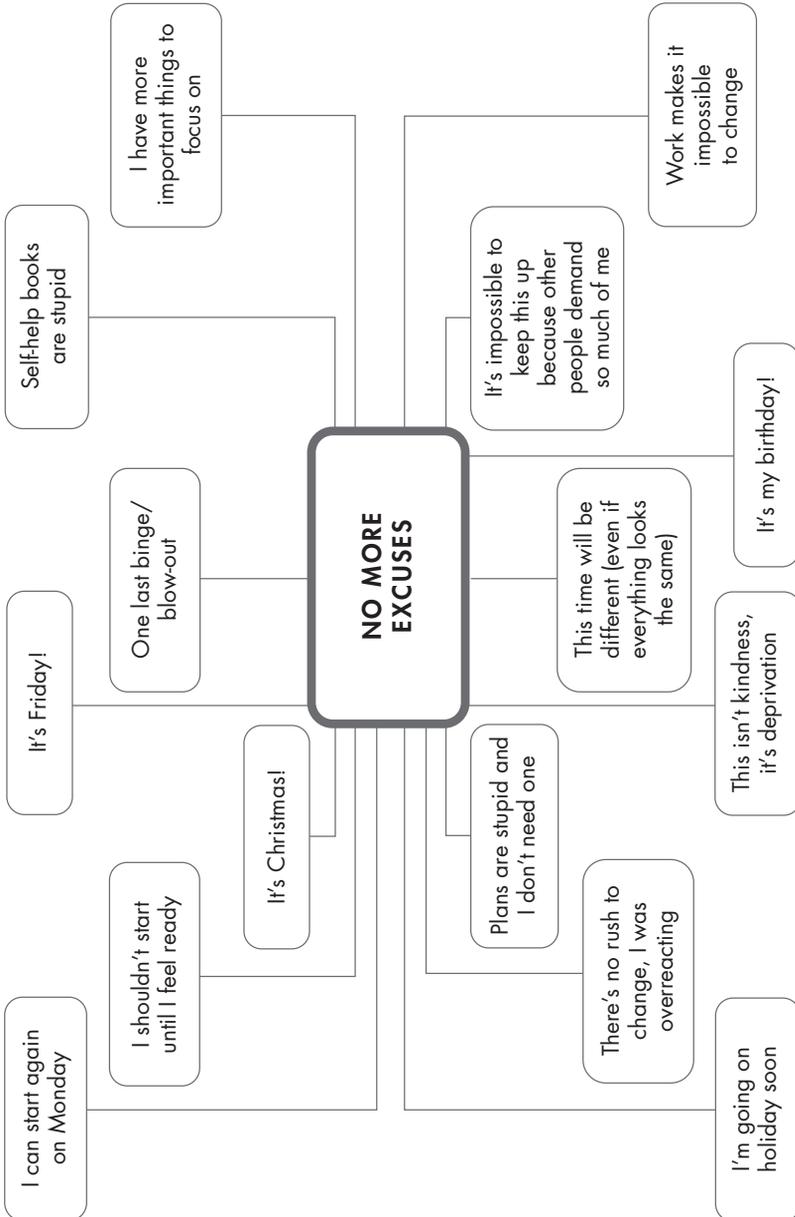
This tool can help remind you that addressing your chosen unwanted behaviour is just one small part of how you are going to change the way you engage with the world.

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## 'No More Excuses' Map: Example

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## ‘Testing Myself on Purpose’ Map: Example

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